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Vancouver **Games**

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

• Today — World is catching up to Canada on the curling sheet, page 11

Celebrity Buzz pg 30

DiCaprio plays hard to get

News on the Move

What's this barcode for?
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JENNIFER GAUTHIER/FOR METRO VANCOUVER

Maëlle Ricker reacts to winning gold in the snowboard cross at Cypress Mountain yesterday. Ricker is the first Canadian woman to win Olympic gold on home soil.

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Maëlle storms to Games gold

Whistler's own 'refocused' after shaky start

KRISTEN THOMPSON
kristen.thompson@metronews.ca

VANCOUVER 2010 **Games**

The sun finally came out at Cypress yesterday — in more ways than one — when Whistler's Maëlle Ricker nabbed a gold medal in women's snowboard cross, charging across the finish line under a bright blue sky.

It was a vastly different outcome from four years ago, when she barely missed the bronze medal in the 2006 Games.

"Coming home from Torino, I was already thinking about what I was going to do to perform today," a beaming Ricker said after her race. "(That) was a huge motivating factor to work that much (harder)."

Ricker had a shaky start in the first qualifying race when she fell on the slushy run and came in 15th of 24 competitors, many of whom struggled to get down the hill in the thick fog.

But she plowed through her second qualifying run and from there seemed unstoppable, getting so far ahead of her competitors in the first heat of the finals that they weren't even in sight when she crossed the finish line.

"That first run was a disaster, but I went back up (and) refocused," said Ricker.

By the last heat, the fog had lifted and Ricker flew across the finish line under blue skies and to the welcome of a roaring crowd.

She stopped for a moment to catch her breath, then threw her arms in the air to wind up the spectators, most of whom waved flags, toques and hands before breaking into an impromptu dance party.

Like Alexandre Bilodeau and Jenn Heil — both of whom have already taken home gold and silver, respectively — Ricker said her medal was Canada's medal.

"I'm so thankful I was able to pull it off for everyone," she said.

Canada's other hopeful — 2006 bronze medallist Dominique Maltais and a medal contender in these Games — failed to make it into the top 16.

France's Deborah Anthonioz took silver and Switzerland's Olivia Nobs wound up with the bronze.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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Long-track men lead today's Olympic lineup

SCHEDULE Canada has a crack at long-track triumph today when Denny Morrison and Jeremy Wotherspoon take to the Oval ice at 4 p.m. for the 1,000-metre race.

Day 6 is also big for Canadian women, with Emily Brydon hitting the slopes at 11 a.m. in the ladies' downhill. The women's hockey team is also in action against Sweden — their toughest opposition so far — and the women's 500-metres final is at 7:07 p.m.

Snowboard fans should keep their TVs on because at 7:15 p.m., the Flying Tomato, Shaun White, hits the halfpipe for the U.S. at Cypress Mountain.

GREG DOWNS/
FOR METRO VANCOUVER

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WHAT'S ONLINE TODAY

Video Canadian halfpiper Jeff Batchelor breaks down killer tricks with the help of an action figure at **metronews.ca/canada**

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SEAN KOLENKO/FOR METRO VANCOUVER

Noah Shakee at the Olympic tent city in the Downtown Eastside.

Border agents spur suspicion

BCCLA wonders why two officers were outside Olympic tent city

SEAN KOLENKO
for Metro Vancouver

Two Canadian border agency officers have been spotted from their usual beat at an anti-Olympics rally in the Downtown Eastside, prompting civil libertarians to question their motives.

The group Anti-Olympics Resistance erected tents at an empty lot at East Hastings in between Abbott and Carrall streets — they're calling it the Olympic tent city and say it's meant to attract attention to the lack of affordable housing in Vancouver.

The B.C. Civil Liberties Association (BCCLA) yesterday screened a video shot by one of their volunteers, showing the border agents outside the tent city.

Michael Vonn, policy director at the BCCLA, said he wants to know why the officers were there.

"We are unclear of the authority and mandate of ... agents," Vonn said. "We want to clarify for the public what they are doing patrolling our downtown streets."

Hannah Mahoney, a spokesperson for the Canadian Services Border Agency, said that inland enforcement is the result of the influx of people in town for the Olympics.

"The CBSA's top priority is the safety and security of Canadians and visitors," she said.

Event timer answers call of Olympics

VANCOUVER 2010 Games

VOLUNTEER The road to the Olympics has been a long one for the many organizers, athletes and volunteers involved with staging one of the world's largest shows.

For Trail, B.C., resident Steve Hilts, it was a 700-kilometre drive.

When volunteer positions were first made available for the Games, Hilt didn't apply but VANOC invited him because of his experience as an alpine timer.

Steve Hilts

"I've been an Olympic and sport fan all my life," said Hilt. "I thought there were enough applicants, but I guess they needed people in a more specialized role."

After accepting a position on the Omega-sponsored alpine timing team, Hilt took three weeks off at work, hopped in his car and made the drive to Whistler.

For the remainder of the Games, Hilt is responsible for the timing, scoring and on-venue results at all events. While the position may be a demanding one, according to Hilt, it's been a great experience.

SEAN KOLENKO/
FOR METRO VANCOUVER

Photo of the Day **Pins for sale**

SEAN KOLENKO/FOR METRO VANCOUVER

A man sells pins on Granville Street just west of Robson Street to Olympic visitors. Until March 1, Metro will publish a Photo of the Day submitted by a Metro reader or member of the Metro-Blenz News Squad. Send your submissions to vancouverletters@metronews.ca.

Blogger raves over personalized video at Northern House

ONLINE Metro-Blenz bloggers continue to be in the middle of the Olympic action with more posts from metroblenznewssquad.com.

• I went to Northern House and made a video in a minute. They are emailing me a copy and it's free, now that's cool! You can personalize it to family and friends. The green screen behind you puts you in the Arctic and that's even cooler, because it is so beautiful. Definitely check this out.

— David Hutchison, president of Transitions Advertising

• The scene by False Creek: Heading through past Quebec House and the Saskatchewan pavilion, the general mood was one of a friendly city (with) people chatting on the seawall — friendly "Smurfs" and visible, but laid-back, security.

— Des Dougan

METRO-BLENZ NEWS SQUAD

News in brief

ARREST Vancouver police say they have arrested the alleged ringleader of last weekend's violent protests downtown that saw store windows smashed and cars vandalized.

Guillame Joseph-Marc Beaulieu, 27, of Vancouver has been charged with mischief over $5,000. In all, 11 people have been arrested so far.

METRO NEWS SERVICES

There are hundreds of reasons to visit Taiwan. We've just added one more.

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To commemorate China Airlines' 10 years of service from Vancouver to Taipei, we're offering you a chance to win 1 of 10 round-trip tickets to Taiwan. There are many exciting events and activities in Taiwan. These include experiencing the Lantern Festival, enjoying the Taipei International Flora Expo, cycling, and bird watching. Discover why Taiwan is one of Asia's must-see destinations.

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*Contest period: January 12 to March 23, 2010. Round-trip ticket is from Vancouver to Taipei. Travel must be completed between May 1 and December 31, 2010. You are required to answer 2 skill questions. Some restrictions apply. Visit www.flyfree2taiwan.com for details.

$5.4M spent using Visa in Vancouver on Friday, company says

Tourists seem to be opening up their wallets early and often in Vancouver. Visa reported that $5.4 million was spent using their plastic money on Friday alone in B.C. That's a 46 per cent increase over the same day last year. **METRO VANCOUVER**

Drivers working around traffic restrictions

BeatTheTraffic

As a traffic reporter during the Olympics, it's really hard to not sound like a broken record when it comes to road closures and lane and driving restrictions.

We've all had enough time to become familiar with the different traffic patterns that surround the city and the Olympic venues, with most of them remaining in effect until March 2.

Surprisingly, people have done a wonderful job of leaving their cars at home.

Transit hot spots have no doubt been the buses, with re-routes and occasional community shuttles added in order to keep some routes moving along on time.

SkyTrain has been busy at times too, but with longer trains in service at rush hour, they have been able to keep up with the demand.

Remember that the SeaBus runs every 10 minutes with three vessels in service and the West Coast Express is also running on an extended service schedule.

If you have to drive before taking transit, there are also thousands of park-and-ride spaces available in a number of areas of Metro Vancouver to help bridge the gaps.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Citytv, cable 13.

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Athlete's Village hits milestone green standard

STIG NIELSEN
for Metro Vancouver

ENVIRONMENT The Athlete's Village in Vancouver is North America's greenest community, Mayor Gregor Robertson said yesterday.

The southeast False Creek neighbourhood is the second in the world to receive a LEED platinum certification. The U.S. Green Building Council awarded it for the village's location next to the downtown and sustainable energy profile.

"Achieving LEED platinum is a big feather in our cap, as we move toward our goal," Robertson said, referring to Vancouver's aspiration to be the world's greenest city by 2020. The Athlete's Village was also especially commended for its Net Zero building, a city first, that produces as much energy as it consumes.

While Robertson said he is enjoying the Games, he said he is looking forward to converting the 2,800 athletes' homes into a community for 16,000 Vancouverites.

Olympic flame may be put out for fixes today

UPGRADES The fire over the Olympic flame cauldron may be out by today.

Olympic organizers say they are putting the final touches on a solution that will include adjustments to the ugly chain-link fencing protecting the steel-and-glass structure as well as setting up a viewing platform.

"This cauldron is unique because it is so close, so we're adapting to that," said Renee Smith-Valade, VANOC vice-president.

"We're going to put in place a plan (today) that will give people, we think, a great way to see the cauldron both from up above and from street level."

THE CANADIAN PRESS

Guilty man not entrapped: Ruling
A judge has ruled that a man found guilty of terror offences as part of the so-called Toronto 18 was not entrapped. THE CANADIAN PRESS

Canada

CMA says no to in-flight pets

An editorial in the Canadian Medical Association Journal says airline passengers with pet allergies should not be forced to share cabin space with dogs and cats. Last summer, Air Canada changed its policy to allow small pets to travel in the cabin, aligning itself with a WestJet policy. The Canadian Transportation Agency has since received passenger complaints, and is currently reviewing them.
THE CANADIAN PRESS

Ottawa students' 2010 tickets cancelled

GREG DOWNS
for Metro Vancouver

A pair of Ottawa students are "disappointed and frustrated" after VANOC announced yesterday the cancellation of a further 20,000 tickets for events at Cypress Mountain where some of the spectator areas are washed-out slush pits.

Sarah Raghubir and Courtney Wilson flew out to Vancouver with tickets to women's snowboard cross. "It's frustrating because we flew out here from Ottawa and there are medals in the ladies' event. It's kind of hard to replace something like that," said a visibly upset Raghubir.

To make their trip worthwhile, shortly after the cancellation of their $120 tickets they went out and bought last-minute tickets to men's hockey for $550 each. The cancellation follows that of 8,000 tickets the previous day.

Caley Denton VP of ticketing for VANOC, gave spectator safety as the reason. "We spent a considerable amount of time up there (on Monday) trying to figure out how we could make it work, but it's too unstable up there to have people in big numbers walking around the side of the courses," Denton said.

VANOC said ticket holders will get automatic refunds. That however is very little consolation for Wilson and Raghubir.

"VANOC can't really send us to another game," said Raghubir.

Tories have slight edge in new poll

POLITICS A new poll suggests Conservatives and Liberals are locked in a tug-of-war for voter support.

The Canadian Press Harris-Decima survey gives the Tories a slight edge at 32 per cent to the Liberals' 30 per cent.

The New Democrat Party was at 16 per cent and the Green Party at 10 per cent while the Bloc Quebecois was dominant in Quebec with 41 per cent in the recent poll.
THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Fog shrouds the venue and heavy rain falls as spectators arrive for the women's snowboard cross competition at the 2010 Vancouver Olympic Winter Games at Cypress Mountain in West Vancouver yesterday. The start of qualifying had been delayed.

Officials dispute worst-Games tag

VANCOUVER 2010 Games

MEDIA Olympic officials are dismissing suggestions from British media that the Vancouver Olympics are among the worst Games in history.

Earlier this week Britain's Guardian newspaper carried a story on its website with the headline: "Vancouver Games continue downhill slide from disaster to calamity."

The Games opened on the same day that a Georgian luger was killed in a training accident while weather issues have forced delays and cancellations in Whistler and Cypress. Even ice resurfacers have broken down at the Richmond speedskating oval.

Game officials were also forced to close the general admission section of the snowboarding venue because wet weather rendered the area unsafe. There have also been transportation issues.

But International Olympic Committee spokesman Mark Adams says he believes the Games have been very well organized.
THE CANADIAN PRESS

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Average household debt rises to $96,000: Study

A new study on Canadian family finances says the average household debt climbed to $96,000 last year. That puts the debt-to-income ratio at 145 per cent — the highest level ever recorded by the annual study, now in its 11th year. The study was conducted for the Vanier Institute of the Family. THE CANADIAN PRESS

Zamboni drives to rescue

VANCOUVER 2010Games

Olympia resurfacing machines did the job preparing the ice at the Richmond Olympic Oval for the women's 500 metres yesterday, although they will be sharing duties from now on with a Zamboni that arrived at the Winter Games from Calgary after a 15-hour trek across the Rockies.

Magnus Enfeldt, sport and venue planning manager for the VANOC organizers, said units from the two rival companies would be used as soon as the Zamboni was operational, likely in time for today's men's 1,000-metre race, in an effort to put to rest the swirling controversy at the long-track speedskating venue.

"With what happened ... we've made the decision to move forward with the Zamboni to assure that we have the conditions that we want for the skaters to make it fair and equal and safe," he told a brief news conference.

The decision was applauded earlier in the day by International Skating Union president Ottavio Cinquanta. THE CANADIAN PRESS

Synonymous with ice rinks

• The Zamboni is built by the iconic Los Angeles company synonymous with ice-rink resurfacing and the unit from the Calgary Olympic Oval is specially designed for the needs of speedskating. It includes a wider 96-inch base, instead of the more typical 76-84, to fully cover the skating lane.

News in brief

HAITI During a tour of Haitian disaster zones yesterday, Prime Minister Stephen Harper touted his government's military purchases and cited current relief efforts as evidence his approach worked. The prime minister used an address to soldiers in the town of Leogane, vast swaths of which were reduced to rubble a month ago, to stress his refurbishment of the military.

AID Canada won't commit to any increase in African aid until it is satisfied the $2 billion it has already delivered has not been wasted, The Canadian Press has learned. Canada has fulfilled its aid promises to Africa and now wants to use its G8 chairmanship to ensure accountability for the money already spent, Foreign Affairs Minister Lawrence Cannon said in an interview.

PENSIONS On the eve of a critical meeting with Treasury Board president Stockwell Day, the head of one of Canada's largest public sector unions said yesterday he's worried the federal government is poised to take an axe to public sector pension plans. THE CANADIAN PRESS

Iraq remains most at risk for terrorism: Report
Iraq is the country most at risk from terrorist attacks for the second straight year, according to a ranking by global analysts Maplecroft. THE ASSOCIATED PRESS

World

White House scores win with Taliban capture

Former U.S. vice-president Dick Cheney has been unrelenting in his criticism of the Obama administration's attempts to fight terror, accusing the White House once again recently of weaknesses that are leaving America vulnerable to another large-scale terrorist attack.

And yet news emerging yesterday undoubtedly left Cheney and his congressional Republican supporters red-faced. Just two days after Cheney levelled his most recent assault, it was reported that the Taliban's top military commander was captured more than a week ago in a secret joint operation by Pakistani and U.S. intelligence forces.

Afghanistan's Mullah Abdul Ghani Baradar is considered the most significant Taliban figure to be detained since the war in Afghanistan began in 2001. He is ranked second in importance only to Mullah Muhammad Omar, who founded the Taliban and was a close associate of Osama bin Laden's before 9-11. From a political perspective, the timing of Baradar's capture couldn't have been sweeter for the White House, which has long been vexed by Cheney's barbs.

On Sunday, the former vice-president criticized the administration's policy of seeking out and killing key terrorists, saying such an approach means no intelligence can be extracted from them. Vice-President Joe Biden was dispatched by the White House to dispute Cheney during his own appearances on the Sunday morning talk-show circuit. Biden called his predecessor "factually, substantively wrong" in his criticisms.

"Dick Cheney's a fine fellow, but he is not entitled to rewrite history without it being challenged," Biden said. THE CANADIAN PRESS

Bin Laden close?

- Mullah Abdul Ghani Baradar's capture has led some to speculate whether Osama bin Laden himself could be within reach more than eight years after the 9-11 mastermind famously escaped U.S. forces in the Afghan mountains at Tora Bora in December 2001.

Britain **Pancake Tuesday**

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Child runners race their pancakes through the town of Olney, England, during a pancake race yesterday. Olney's famous race is run every Shrove Tuesday, dating back to 1445.

U.K. journalist claims he once mercy-killed lover

LONDON A veteran British TV reporter claimed on the air yesterday that he had used a pillow years ago to smother a lover who was dying of AIDS, adding a startling contribution to the country's debate on mercy killing.

The Nottinghamshire Police said it would investigate Ray Gosling's claim. Under British law, assisting a suicide is punishable by up to 14 years in prison. Gosling told a BBC TV program that he and the unidentified man had made a pact.

"I killed someone once ... He was a young chap, he'd been my lover and he got AIDS," Gosling said in the interview. "He was in terrible, terrible pain. I said to the doctor, 'Leave me just for a bit' and he went away. I picked up the pillow and smothered him until he was dead." THE ASSOCIATED PRESS

News in brief

AFGHANISTAN U.S. Marines moving by land linked up yesterday with American units that have faced Taliban attack in the four days since they were dropped by helicopter into Marjah in Afghanistan. THE ASSOCIATED PRESS

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Comment

Priceless hug washes away early woes

TheWestView

What do you think of us so far? Are these Vancouver Olympics worth the $6-billion investment? Or is gold fever a fatal illness from which we will never recover?

Many think the Games were cursed before they even started, with the death of the young Olympian from Georgia.

The weather hasn't helped. This could be the warmest winter on record in a place where winter happens to people on the other side of the mountains.

Meanwhile, the world is watching. The British media seem particularly interested, maybe because they're next (ha ha!) — the BBC has sent more journalists than Olympians to Vancouver — and the whole gang appears to be suffering from an epidemic of rain-induced wedgies in its winter woolies.

The Guardian's golf correspondent, Lawrence Donegan, no doubt annoyed he was sent to Vancouver instead of California to cover the PGA Tour, should be awarded a gold medal for grumpiness. His latest piece is headlined: "Vancouver Games continue downhill slide from disaster to calamity."

What if we paid $6 billion for the Olympics and all we got was a rude message from Lawrence Donegan?

Still, as the Games melt in the balmy temperatures, there's an upside to the weather. It's warmer than New Orleans during Mardi Gras! The world's media are knocking themselves out taking pictures of cherry blossoms and daffodils! Vancouver, your real-estate values are safe!

VANCOUVER 2010Games

Maybe the new Canadian "Own the Podium" 'tude is freaking out the peanut gallery. NBC keeps talking about it ... with grudging admiration. It's the sort of thing Americans like to do — and if you crash, so what? At least you tried. The U.K. (which despite its many scribes has no medals), seems affronted by this unseemly display of colonial uppityness.

But fear not. The Games have been saved by a sweet young kid named Alex Bilodeau. Alex won Canada's first gold medal in the mogul cross, which is skiing on speed bumps while hurtling down the side of a cliff. Looks like fun.

Alex is a francophone from Rosemère, Que., which has stopped the Other Solitude from bitching about the lack of a French presence at these Games. Most important, he's the nicest kid in the world, which makes that "Own the Podium" hubris seem like the hunting behaviour of a kitten: Ferocious but harmless.

You could argue that the picture of Alex giving brother Frederic, who has cerebral palsy, a victory hug, is not worth $6 billion. And you'd be right. It's not. It's priceless.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: What is your favourite Winter Olympic sport to watch?

Shizuka Naito
Vancouver
A: Figure skating is my favourite. Mao Asada is great. I'm Japanese so I support the whole team, but she has a good shot at winning a medal this year.

Dimitri Jager
Switzerland
A: Because I play hockey, I'll have to go with that. But I don't like the fighting here. In Switzerland, we don't fight at all.

Diana Lowry
Vancouver
A: Ski cross is my favourite. It's new and interesting. I just heard about it this year. I find it really compelling to watch.

Alan Colley
Toronto
A: I'd say snowboarding. I taught snowboarding in Whistler for a year. I helped train with aboriginal youth.

Donna Safatli
Timberlea, N.S.
A: Figure skating. I just like the movements. I usually watch pairs.

Robert Richie
Edmonton
A: I like figure skating. I love the artistry of it.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Profits drop at L'Oreal
L'Oreal shares fell yesterday after the cosmetics company reported an eight per cent drop in profit last year due to weaker demand amid the economic downturn. The Paris-based company said full-year profit was $2.46 billion US, down from $268 billion US the year before. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
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US 0.5¢	US 15.8¢	US $2.88	116.56

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

U.S. probing Toyota recall

The U.S. Transportation Department demanded documents related to Toyota's massive recalls in the United States yesterday to find out if the automaker acted swiftly enough.

Toyota, meanwhile, said it will idle production temporarily at Texas and Kentucky plants over concerns the recalls could lead to big stockpiles of unsold vehicles.

The legal documents demanded yesterday that Toyota tell the government when and how the company learned of the safety defects in millions of vehicles over the entrapment of gas pedals by floor mats, and sticky accelerators. The company must respond within 30-60 days or face fines.

The intensifying government investigation of Toyota and production halts at its assembly plants represented another sign of the ripple effect the recall of 8.5 million vehicles has had on the world's number one automaker.

Toyota faces separate probes by the Obama administration and Congress as it struggles to maintain its loyal customer base and its reputation for safety and quality.

Toyota said it was halting production temporarily in San Antonio, Texas, and Georgetown, Ky., to address concerns that too many unsold vehicles may be building up at dealerships because of the large recalls THE ASSOCIATED PRESS

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ScanLife

Texas governor disputes U.S. agency's ruling about the harmful effects of greenhouse gas emissions. Scan this code for the story.

Business in brief

EXPANSION Timminco Ltd. is looking to boost its silicon metal capacity with a new plant in Iceland operating on geo-thermal power, the Toronto-based company announced yesterday. The new plant would have an annual production capacity of 50,000 tonnes, which would complement capacity at the plant in Becancour, Que. THE CANADIAN PRESS

Transportation drives manufacturing sales increase

ECONOMY Manufacturing sales rose 1.6 per cent in December to $43 billion, largely on the strength of sales in transportation equipment.

Statistics Canada reports it was the sixth increase in overall manufacturing sales in seven months and the highest level since December 2008.

The agency says aerospace products and parts, motor vehicles and petroleum and coal products also recorded significant gains. THE CANADIAN PRESS

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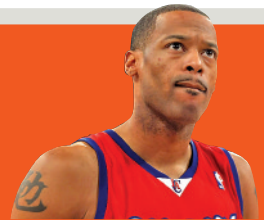
Sanchez to have surgery today

New York Jets quarterback Mark Sanchez is scheduled to have surgery today to repair the patella ligament in his left knee. Sanchez, who led New York to the AFC title game as a rookie, should be completely healthy by the start of training camp in July. THE ASSOCIATED PRESS

Sports



Camby traded to Blazers

The Portland Trail Blazers are picking up needed help on the interior, acquiring Marcus Camby, left, from the Los Angeles Clippers in exchange for guard Steve Blake and forward Travis Outlaw. The deal also includes cash going to the Clippers. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

CFL The B.C. Lions signed defensive lineman Keron Williams, who helped the Montreal Alouettes win a Grey Cup title last season, yesterday. The six-foot-one, 260-pound Williams was named a CFL all-star last season after registering 32 tackles and eight sacks with Montreal.

SOCCER Wayne Rooney scored twice in the second half as Manchester United came back from a goal down to beat AC Milan 3-2 in the Champions League last night. Ronaldinho gave Milan an early lead when he volleyed in David Beckham's freekick, but Paul Scholes brought United level before halftime in the first leg match of the competition's last 16.

NBA Denver Nuggets coach George Karl says he has been diagnosed with neck and throat cancer but was told it is treatable.

METRO NEWS SERVICES

Wives help Jays pitchers recover

It wasn't a sense of duty that led both Shaun Marcum and Dustin McGowan to credit their wives with having the biggest influence on their respective comebacks to the Jays' starting rotation.

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Cardinals players anticipate the debut of MLB's most controversial hitting coach, Mark McGwire. Scan this code for the story.

Both were simply admitting the truth. No one knows the two right-handers better than their better halves, and when it came to facing career threatening surgeries at a young age, no one was better equipped to guide them through it.

"My wife told me every day that things would get better, that it would be all right," McGowan said in Dunedin, Fla., yesterday as several big leaguers and prospects continued workouts in advance of Monday's mandatory reporting date for pitchers and catchers.

McGowan arguably needed to hear that more than Marcum, largely because his injury — a torn labrum in his right shoulder — can spell the end of the line for a pitcher.

McGowan last pitched in the major leagues in July 2008. McGowan began throwing again last May, but reports on his progress were never good. About a year after his shoulder surgery, doctors discovered cartilage damage in his knee and prepared him for another operation.

Six weeks later, he began throwing again, but further complications with the knee prompted doctors to shut him down again last October.

Marcum was also in the middle of his rehab from elbow surgery. He had not pitched in the big leagues since May 2008, and he wasn't entirely prepared mentally to push himself through the rehab.

The problem was his tendency to eat too much junk food. In general, he didn't eat right, and his wife, Stephanie — who has a degree and a teaching job in nutrition — tried to change his habits.

TORSTAR NEWS SERVICE

DAVE SANDFORD/GETTY IMAGES

Blue Jay Shaun Marcum pitches against the Boston Red Sox at Toronto's home opener at the Rogers Centre on April 4, 2008.

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Time error costs biathlete

There was a crucial timing error yesterday for Swedish biathlete Anna Carin Olofsson-Zidek as timekeepers held her back 14 seconds longer than they should have at the start of the race. Olofsson-Zidek finished sixth. **THE CANADIAN PRESS**

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Domination nation

Canada cruises to 8-0 win over Norway in opener

JEFF HODSON
jeff.hodson@metronews.ca

FERNANDO CARNEIRO/METRO VANCOUVER

Canada's Rick Nash watches the puck cross the line behind Norwegian goalie Pal Grotnes in second period action last night. Canada won 8-0.

The mood inside Canada Hockey Place last night, prior to Canada's men's opening game against 11th ranked Norway, was a powder keg, primed and ready to explode.

And it nearly did. A playoff-esque roar erupted during warm-up as Canada's team of superstars took to the ice to do battle with a Norway team that boasted not a single NHL player.

That the ending was almost predictable — Canada mauled Norway 8-0 —did little to lessen the energy of the 16,000-strong crowd, the vast majority of whom were wearing red-and-white Canada hockey sweaters.

"It was magical," said goaltender Roberto Luongo, who stopped all 15 shots he faced. Chants of "Louuu!" greeted each save.

"It was special. The crowd was unbelievable and loud. It was nice to play in front of an atmosphere like that."

Canada, the second seed in the tournament after Russia, was sluggish out of the gate, its players lumbering and slow. The action on the ice was like watching an energetic kitten (Norway) swat at the tail of a bear (Canada), still groggy from hibernation.

"It's an all-star team for the country, but you don't play it like that," said Jarome Iginla, who scored twice in the match.

"It was great to come out at the start and see all those red-and-white jerseys. You know it's going to be cool, but when you see it, it feels like a totally different place ... it was even more red and white than I had even imagined."

Canada took control late in the first and came on blazing in the second period. Iginla netted his first of the game — a power-play goal and the eventual game winner — off a feed from Sidney Crosby.

Dany Heatley and Mike Richards also scored in the second and Heatley and Iginla each potted another in the third. Ryan Getzlaf, Corey Perry and Rick Nash also scored in the final period.

U.S. downs Switzerland 3-1

HOCKEY The youthful U.S. men's hockey team opened the Olympic tournament yesterday with a 3-1 win over Switzerland.

Bobby Ryan scored late in the first period, and David Backes and Ryan Malone added goals in the second to help the United States avoid a repeat of an opening-game letdown.

During the 2006 Turin Games, the Americans began with a 3-3 tie against Latvia and never challenged for a medal.

"Once I scored, I was able to settle down and come back into my own a little bit," Ryan said.

"You definitely don't want to come from behind early. To get the lead, I think it settled the game down quite a bit for us."

Ryan Miller, the Buffalo Sabres goalie considered the key to the U.S. chances to reach the medals podium, made 14 saves.

He calmly turned aside the handful of scoring opportunities the Swiss created and complied with rules barring corporate sponsorships by placing tape over the words "Miller Time" painted on his mask.

The Americans have their youngest collection of players since the NHL began supplying talent for the Winter Olympics in 1998. **THE ASSOCIATED PRESS**

Curling nearing a 'crossroads': Martin

CHANGE Kevin Martin doesn't like what he sees on the world curling horizon. Canada is losing its grip on the sport and it may be partially to blame itself.

"I think we're getting to the crossroads ... We've basically been in charge of the game for a long time. I see that clearly changing," said Martin, who will skip for Canada at the Vancouver Olympics.

The arrival of curling as a full-fledged Olympic sport in 1998 has shone a spotlight on curling. Countries like China and Japan embraced the sport.

And Canadian coaches have helped spread the word.

Montreal's Dan Rafael has coached both the Chinese men and women's national teams. In 2008, the Chinese women were runners-up at the world championship and the same foursome improved to capture gold last year.

At last year's world men's championship in Moncton, China, the United States, France, Japan and Switzerland all had prominent Canadian curlers or coaches as advisers.

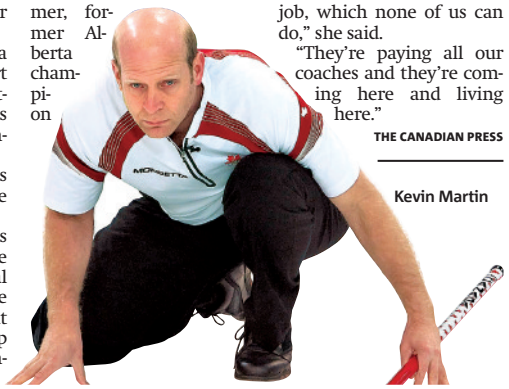
Canadian Olympic champion Russ Howard has worked with the Swiss men's team. And last summer, former Alberta champion Renée Sonnenberg signed on as team leader for the Danish women's Olympic team.

The fact the Canadian experience is being exported to other nations doesn't sit well with Calgary's Cheryl Bernard.

"I think they've taken our experience, taken our coaches and it's a full-time job, which none of us can do," she said.

"They're paying all our coaches and they're coming here and living here."

THE CANADIAN PRESS



Kevin Martin

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To view an extensive listings of today's televised Olympic events, scan this code.

VANCOUVER GAMES
MedalCount

NATION				TOTAL
U.S.	2	2	4	8
France	2	1	4	7
Germany	2	3	1	6
Canada	2	2	1	5
Switzerland	3	0	1	4
South Korea	2	1	0	3
Sweden	2	0	0	2
China	1	1	0	2
Slovakia	1	1	0	2

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Quebec bid for 2022?
Quebec Premier Jean Charest told an Olympic news conference he'd like to see the 2022 Winter Olympics in Quebec City. THE CANADIAN PRESS

Vancouver Games

Hotdoggin' can hurt

It was the thump heard all around the winter sports world.

Four years ago in Turin, Italy, American snowboarder Lindsey Jacobellis barrelled towards the finish line after building a huge lead in the women's Olympic snowboard-cross final.

To celebrate, she grabbed her board and twisted her body, adding some mid-air zest off one of the last jumps.

But her balance slipped away on the landing and so did a surefire gold medal.

Some saw it as a cruel lesson of how poor sportsmanship can sometimes bite back.

But have snowboard-cross racers really learned anything from Jacobellis' hotdogging tumble?

"It's racing, so you don't have time to do a show."
Dominique Maltais

"Uh, I think so," said Canadian Rob Fagan.

But only after he did almost the exact same thing.

Last winter, Fagan blew a big lead at a World Cup event in Stoneham, Que.

"It was finals, it would have been my first big win on the World Cup tour," he said. "I just did a grab and got way too much air and landed dead flat and sat it down ... three people went zip, zip, zip past.

"So basically, yeah, I threw down a 'Lindsey.'"

Yesterday, Jacobellis couldn't make good on her second chance, exiting the snowboard cross competition after falling in the semifinal. This time it was incidental contact with gold medal winner Maëlle Ricker that was her downfall.

Jacobellis refused to speak to the media afterwards.

Canadian rider Dominique Maltais, ranked No. 3 in World Cup snowboard cross, thinks boarders have learned from Jacobellis' cautionary tale.

"It's racing, so you don't have time to do a show," said Maltais, who won the bronze behind Jacobellis in Turin.

"Just one second that you're not focused can cost you a lot." THE CANADIAN PRESS

Luge **Practice makes perfect**

ELISE AMENDOLA/THE ASSOCIATED PRESS

Tristan Walker, top, and Justin Snith of Canada practise yesterday during a run of the men's doubles luge training at the Vancouver 2010 Olympics in Whistler, B.C.

Plushenko returns with a bang

SKATING Evgeni Plushenko made his return to men's figure skating in stunning fashion yesterday and set the standard for the rest of the field in the Olympic men's short program.

The Russian skater, gold medallist at the 2006 Olympics and runner-up in 2002, scored 90.85 for his "Concierto de Aranjuez" program, less than a year after coming out of a three-year retirement for one last shot at Olympic glory.

Canada's Patrick Chan, scored 81.12 and was placed fifth with six skaters still to skate.

THE CANADIAN PRESS

McKeever attracts big draw in pursuit of history

SKIING The eyes of the world turned to Brian McKeever yesterday when the visually impaired cross-country skier from Calgary arrived at the Olympic Games.

Eurosport, The New York Times, The Wall Street Journal, Agence-France Presse, Reuters and the Japanese daily Sankei Shimbun were among the international media that came to hear the story of a man who will make history as the first winter athlete to compete in both the Olympics and Paralympics.

McKeever, 30, lives in Canmore and trains there at the nordic centre, one of the legacies of the 1988 Calgary Winter Games. He'll ski the 50-kilometre race on the final day of the 2010 Games at Whistler Olympic Park and possibly other events if a teammate becomes ill or injured.

JEFF MCINTOSH/THE CANADIAN PRESS

Brian mckeller, a visually impaired skier, will make history at the Games, as he's set to become the first winter athlete to compete in both the Olympics and Paralympics.

In doing so, he will narrow the perceived gap between athletes with a disability, and those without.

McKeever was diagnosed with Stargardt's disease, an inherited macular degeneration, as a teenager. He has less than 10 per cent vision and what he does have is peripheral.

For the international crowd at yesterday's news conference in Vancouver, he described his vision as a doughnut without the Timbit and called it "flashbulb eye" with a fuzzy blob in the middle of his vision.

Five Paralympians have competed in the Olympics, but all have been summer-sport athletes.

THE CANADIAN PRESS

Ireland bids farewell

SPEEDSKATING With family and friends looking on, and with streaks of grey hair setting him apart from younger competitors, Mike Ireland said goodbye to his lengthy Olympic speedskating career.

The Winnipeg native, who at 36 is the oldest athlete in the Olympic speedskating competition, finished 16th in the men's 500-metre long-track race Monday.

For Ireland, who has been on the national team since 1993, it was his last stab at Olympic glory.

"The crowd was awesome. I had a lot of friends and family, relatives, guys I've skated with, guys I did trials against that came here to watch the race," Ireland said.

Ireland may be taking a step away from a sport that has been a part of his life since he was five, but he does have something new to take up his time.

His wife, Noriko, gave birth to their daughter Myla in December in Calgary, the night before a World Cup race at the Calgary Oval. THE CANADIAN PRESS

Career

- Ireland has competed in four Olympics but never won a medal. His top finish was seventh, something he did in the 500 metres in both 2002 and 2006.

U.S. coach uses technology to help perfect skater's routines

SKATING Amid the grace and glamour and glitzy outfits of figure skating, the pure lung-busting, quad-burning athleticism of the sport often gets overlooked.

Christy Krall, the American coach who has been guiding Canada's Patrick Chan for the better part of a year in the young skater's quest for Olympic glory, can recite the biomechanics of skating like the alphabet.

"In the short program, Patrick's heart rate will reach what an Olympic 800-metre runner reaches, and the long program is like running a mile," Krall said. "They are exerting that kind of intensity, only they're looking great out there, and they're turning and spinning.

Chan, who's known for his exquisite spins and footwork, has been working with Krall in Colorado Springs, Colo., using video analysis to perfect his jumps ahead of the Vancouver Games. Through an imaging program called Dartfish — Swiss-developed technology that's widely used in sports such as diving and skiing — Krall can compare Chan's jumps frame-by-frame with that of the world's best jumpers, including Russian Evgeni Plushenko, the 2006 Olympic champion. "Not only does Patrick get to see what he's doing, then we work on exercises that help him time it so he's really in that perfect moment when he's jumping," Krall said.

THE CANADIAN PRESS

Finns going with platoon in net

Finnish men's hockey coach Jukka Jalonen said the Flames' Miikka Kiprusoff will start Finland's opener today against Belarus. Niklas Backstrom of the Minnesota Wild will play Friday against Germany. THE ASSOCIATED PRESS

Thrills, chills and spills

Celebration and frustration on Day 4 of the Winter Games

DARRYL DYCK/THE CANADIAN PRESS

MATT DUNHAM/THE ASSOCIATED PRESS

ANDREW MEDICHINI/THE ASSOCIATED PRESS

ADRIAN WYLD/THE CANADIAN PRESS

JAMIE SQUIRE/GETTY IMAGES

MATT SLOCUM/THE ASSOCIATED PRESS

Clockwise from top: Fan Russell Critchlow cheers during the women's snowboard cross at Cypress Mountain yesterday. The Netherlands' Annette Gerritsen crashes during a heat for the women's 500-metre race at the Richmond Olympic Oval. Bjoern Ferry of Sweden jumps after taking the gold medal in the men's biathlon 12.5 km pursuit race in Whistler. American Bobby Ryan scores on Swiss goalie Jonas Hiller during a men's hockey preliminary game. Lee Sang-Hwa of South Korea wipes away tears after winning gold in women's 500 metre long-track speedskating. Roberto Luongo looks on during the men's preliminary game against Norway last night. Canadian speedskater Anastasia Bucsis of Calgary competes against Oh Min-Jee during the women's 500-metre event at the Richmond Oval.

KEVORK DJANSEZIAN/GETTY IMAGES

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First gold awarded on home soil a big draw for CTV

As many as 7.1 million Canadians tuned in to watch Alexandre Bilodeau collect his gold medal at B.C. Place on Monday night, says CTV. THE CANADIAN PRESS

Vancouver Games

News in brief

WHISTLER After teasing Olympic officials with sun and clear skies for one day, the weather was up to its old tricks yesterday, forcing postponement of the men's super-combined ski race. A night of heavy, wet snow resulted in the race being moved to Sunday. A women's downhill training run was also cancelled.

THE CANADIAN PRESS

Last kick at Olympic can for Forsberg

Peter Forsberg is in the Triple Gold Club, a select group of 22 hockey players who have won Olympic gold, world and Stanley Cup championships.

If Forsberg can help his team get to the top of the Vancouver medal podium, he will be the only member of the group with three Olympic golds.

"It would be huge," Forsberg said Monday after Sweden's practice. "This is probably my last shot at it."

It probably also is for another Swede in the Triple Gold Club: Nicklas Lidstrom.

Forsberg is 36 and has been plagued by injuries throughout his career. While he has acknowledged he's at the end of his career, Lidstrom, who will be 40 in April, has dodged retirement talk.

"I haven't thought much about it," Lidstrom insisted. "It's something I'll think about after the (NHL) season is over."

Forsberg lifted Sweden to its first Olympic gold medal in 1994 — the last one without NHL players — with a shootout goal against Canada. That moment was captured on a Swedish postage stamp and he added to his legacy at Friday's opening ceremony by carrying his country's flag.

Lidstrom hopes the Swedes can be the first two-time Olympic champion since all of the world's best players were able to compete, but knows they're not among favourites.

"I think Canada and Russia are the top two teams to beat," Lidstrom said. "I would put us, the Finns and the Czechs in there and you could add the U.S. as a sixth team with a legit chance to win."

Forsberg has played just 17 of 48 games for Modo this season in his hometown of Ornskoldsvik, and a mere three games for the same club last season. The former NHL MVP played just nine games in the regular season two years ago for the Colorado Avalanche in his final season in the league.

A rib injury slowed him earlier this season and a hurt finger recently threatened his place in the squad for Vancouver. He's had back and groin injuries, foot and shoulder surgeries and his spleen has been removed.

"But right now, I feel good," Forsberg said with a grin.

THE CANADIAN PRESS

BRUCE BENNETT/GETTY IMAGES

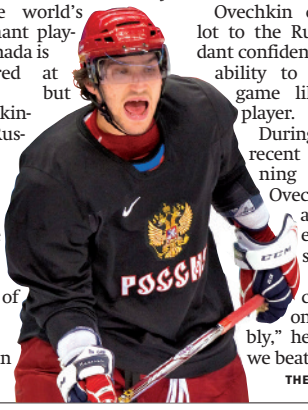
Peter Forsberg poses with the Swedish flag outside the Olympic media centre yesterday.

Ovechkin ready to upstage Crosby?

HOCKEY Alex Ovechkin was beaten to the Stanley Cup by Sidney Crosby. During the next two weeks, Ovechkin has a chance for some major one-upmanship over his biggest rival: He can beat Crosby to an Olympic gold medal, and on Canadian ice, too.

Hockey's two most dynamic players practised only minutes apart Monday at Canada Hockey Place, before the start to what might be the best of four Olympic tournaments since NHL players joined the games in 1998.

Vancouver presents Ovechkin with another opportunity to mount the argument that he, not Crosby, is the world's dominant player. Canada is favoured at home, but Ovechkin-led Russia owns what might be the best collection of forwards and an attitude that won't be intimidated.



Ovechkin contributes a lot to the Russians' abundant confidence. He has the ability to take over a game like no other player.

During the Capitals' recent 14-game winning streak, Ovechkin was asked if he ever enjoyed a similar run.

"World championships, probably," he said. "When we beat Canada."

THE CANADIAN PRESS

Vancouver Games

Now the Games can really begin

Colbert begins taping shows in Vancouver today

Stephen Colbert is finally going to meet some of the "ice-holes" that he's been mocking all this time.

After months of lampooning Canadians and Olympic ideals, the American satirist is in Vancouver and about to face his chance to don the pink hat of the Olympic Oval ombudsman.

Canadians shouldn't expect a more sheepish Colbert on his visit to the Olympic city despite the girly chapeau. A downloadable poster he's offered to fans shows a cartoon Colbert holding high an Olympic torch while riding a bridled eagle. The poster reads "Vancouver 2010, Defeat the World!"

Colbert has poked fun at the Olympics and Canada for the last several months on his show The Colbert Report, calling Canadians "syrup-suckers," "ice-holes" and Saskatche-whiners. He complained that Olympic organizers weren't giving speedskaters from other countries enough practice time on the ice.

A quick response from the City of Richmond only tickled Colbert's funny bone. Richmond offered Colbert the job of official Oval ombudsman, which he quickly accepted during his show. Ted Townsend, media spokesman for Richmond, issued the invite to Colbert, and even wore the pink toque they expect the ombudsman to wear as he did media interview after interview reading the letter he sent to Colbert.

Now Townsend hopes Colbert will put on the uniform. "Just the pink toque is all that's required to bring the sense of gravitas to the position," Townsend said, tongue in cheek.

But Townsend admitted he doesn't expect much from Colbert.

"He is working — if you can call it that — for NBC," Townsend said. "He expects to be quite busy, but we're still hoping we have a chance to meet up with him at some point.

Colbert, whose show airs on the Comedy Network/Comedy Central, made an arrangement with NBC to be allowed to film inside the Oval. In exchange, he will join Bob Costas for a commentary on NBC.

Colbert will hold two days of taping today and tomorrow in a city park and has invited fans to "help spread the word about his historic visit to Canada," according to his website.

If nothing else, Colbert has improved the exposure of both the Olympic Games and speedskating.

When he found out the U.S. speedskating team lost its sponsor, he rallied fans to contribute $300,000 US for the team.

THE CANADIAN PRESS

MICHAEL O'NEILL/SPORT ILLUSTRATED/THE ASSOCIATED PRESS

TV personality Stephen Colbert is shown on the Dec. 21 cover of Sports Illustrated magazine.

Confidence not an issue for skater

SHORT TRACK China's Wang Meng is the closest you can get to a sure thing in short-track speedskating. It would take a major upset today to prevent the 24-year-old from snapping up gold in the women's 500 metres. Wang is simply the best in her sport, holding world records in the 500 and 1,000 metres. She took three individual medals in 2006. "Unless I make mistakes, no one else will have any chance to win," the outspoken Chinese skater said earlier this month.

THE CANADIAN PRESS

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PROP #	PROP
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#54	Will there be more than nine 3 Pointers made?
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#56	Will there be more than 166 Field Goal attempts?

Wednesday February 17	MIAMI @ NEW JERSEY (BKB)
PROP #	PROP
#61	Will there be more than 82 Rebounds?
#62	Will there be more than nine 3 Pointers made?
#63	Will there be more than 39 Free Throws made?
#64	Will there be more than 164 Field Goal attempts?

Wednesday February 17	PHOENIX @ DALLAS (BKB)
PROP #	PROP
#73	Will there be more than 86 Rebounds?
#74	Will there be more than fifteen 3 Pointers made?
#75	Will there be more than 39 Free Throws made?
#76	Will there be more than 169 Field Goal attempts?

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Vancouver Games

JENS MEYER/THE CANADIAN PRESS/THE ASSOCIATED PRESS/FILE PHOTO

Petter Northug of Norway competes during the Tour de Ski men's 1.6-kilometres classical sprint race in Oberhof, Germany on Jan. 3. Norway's newspapers decried as a national tragedy the failure of superstar Petter Northug and his teammates in the Vancouver Games' 15-kilometre race.

Norway's nerves fray

Cross-country failures leave nation filled with doubt

The Norway men's cross-country team's worst Olympic result ever has left the ski-crazed nation filled with angst.

With screaming headlines, newspapers decried as a national tragedy the stunning failure of superstar Petter Northug and his teammates in the Vancouver Games' 15-kilometre race. Northug, the World Cup leader, placed 41st, and no Norwegian made the top 20.

"A collapse, a fiasco, a flop, a miss, a scandal," sports columnist Truls Daehli wrote yesterday in Norway's largest daily, VG.

"Norway's worst Olympics cross-country team in years," was the headline in the newspaper Dagbladet.

Northug won three gold medals at last year's world championships and has been dominating cross-country. At his first Winter Games, he's under enormous pressure to deliver Olympic gold.

The top Norwegian in Monday's race, Tord Asle Gjerdalen, finished 28th. The previous record for worst finish was at the Turin Games four years ago when Frode Estil finished 16th as the top Norwegian in the 15-kilometre classical race.

Compounding the Norwegian grief, all four skiers from Scandinavian rival Sweden were faster than Gjerdalen.

Norway cross-country chief Aage Skinstad was deeply apologetic and conceded the team may have picked the wrong wax for the soft snow.

"Everything's got to come together right to secure a gold medal. One of those things is perfect skis," Skinstad told national broadcaster NRK.

"Call your psychologist. Call whoever you call," Daehli wrote in his VG column. "And do it now."

THE ASSOCIATED PRESS

Disaster?

- Norway failed to win a single cross-country gold medal in Turin in 2006 — a huge letdown in what Norwegians consider their national sport. Another dry spell would be considered a disaster, so tensions are running high for the remaining cross-country events.

'No-start' tests aim at dopers

DRUGS Officially "no-start" tests aren't about finding dopers. Paradoxically, they are about stopping them.

Several Olympic sports have rules letting officials suspend from competition athletes who may have been blood doping. Ostensibly it is out of concern for the athlete. "They're saying to you 'Even though we might think ... you're a cheating snake, we can't prove it, but with a blood level this high, it would be too dangerous for you to compete,'" explains Dick Pound, former World Anti-Doping Agency chief. Already in these Olympics, two athletes were barred for five days after pre-race testing showed hemoglobin levels were too high.

THE ASSOCIATED PRESS

Fellow skier backs Vonn's swimsuit shot

Downhill racer Britt Janyk says she isn't bothered by American Lindsey Vonn's decision to drop her ski suit and appear in Sports Illustrated's annual swimsuit edition. "It's Lindsey's choice to do something like that," said Janyk, who grew up in Whistler. THE CANADIAN PRESS

NATHAN DENETTE/THE CANAD

Alexandre Bilodeau bites his gold medal during a medal ceremony at the 2010 Winter Olympic Games in Vancouver on Monday.

Medal win golden for moguls

Less than 15 minutes after Alexandre Bilodeau captured Olympic gold in men's moguls, his coach was already dreaming about the impact the victory would have on the sport.

"It's obviously so good for my sport," said Dominick Gauthier, who coaches Bilodeau and Jennifer Heil. "We get the greatest window possible. We want people to start doing freestyle."

Between Bilodeau's golden moment Sunday and Heil's silver-medal showing in women's moguls a night earlier, the opening weekend of the Vancouver Games couldn't have gone much better for the Canadian Freestyle Ski Association. And when it comes to television ratings, freestyle skiing has hit new heights in Canada.

Bilodeau's victory generated one of the largest television audiences in Canadian sports history.

Some 7.3 million Canadians watched Bilodeau win gold, with the TV audience for the final peaking at 9.7 million, according to CTV. Heil's second-place run averaged 6.6 million viewers, with the audience peaking at eight million in the final minute.

Expectations were high for the 18-member freestyle team after a disappointing showing in Turin four years ago.

Heil won gold for Canada's first medal of those Olympics, but the rest of the freestyle skiers were shut out.

Brimming with confidence this time around, freestyle officials have established a goal of five medals for the Vancouver Games.

Two down, three to go.

THE CANADIAN PRESS

Germany marks 9th gold medal in luge

WOMEN'S LUGE Germany's Tatjana Huefner has won the gold medal in women's luge, the ninth for her country in 13 Olympic competitions.

Huefner finished four runs in two minutes, 46.52 seconds. Austria's Nina Reithmayer won the silver after yesterday's final two runs, and Germany's Natalie Geisenberger took the bronze.

The win gave always-dominant Germany a sweep of singles luge gold, after Felix Loch won the men's event that finished Sunday.

The top Canadian was Regan Lauscher, 29, of Red Deer, Alta., who finished 15th with a time of 2:49. Alex Gaogh, 22, of Calgary finished 18th at 2:49.39.

Erin Hamlin of Remsen, N.Y. was the top American, finishing 16th.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Ready for an online Olympic explosion?

Employers beware: Technological advancements mean that with just the click of a mouse, Olympic fans can for the first time access live streaming of the Games at any time of the day or night from their work stations.

IT experts are questioning whether businesses are equipped to handle the crush of online traffic generated by hordes of Olympic faithful following the Games from their desks.

Businesses that use a single link to the outside world for email and web browsing could see serious slow downs or even crashes unless they prepared in advance, said Darryl Wilson, with global IT solutions firm Dimension Data Canada in Mississauga, Ont.

"If there's a big hockey game or something going on … that link that they use to the outside world may become saturated because everyone's trying to get all this content from the Internet," said Wilson.

"Those businesses could find themselves unable to access email, send messages to clients or have their Internet operational if they don't have controls in place to limit non-business critical traffic versus critical traffic."

Canada's Olympic Broadcast Media Consortium estimates 10 million visitors will surf onto CTVOlympics.ca and RDSolympiques.ca sites. Together, they are offering 2,350 hours of live streaming of the Games as well as replays, highlights, photos and results.

Is your company ready for the influx of employees catching the Olympics online?

"This will be the first time … anywhere, where every second of the Winter Games will be made available live."
Alon Marcovici

"This will be the first time in Canada … actually the first time anywhere, where every second of the Winter Games will be made available live," said Alon Marcovici, the consortium's vice-president of digital media.

The websites will simulcast live feeds from CTV, TSN, Rogers Sportsnet, V and RDS. They'll also provide a feed of competitions adorned only by natural sound, not commentary, in an effort to give Internet surfers the feel of the Olympics from their chairs. Niche sports such as the biathlon, which don't get major TV play, can be seen in their entirety on the web.

At peak times, more than a dozen live streams will be running simultaneously.

Several people interviewed in downtown Toronto said they intend to watch the Olympics while on the job.

Allan Groome, 60, a pharmaceutical worker, said he'll watch the Olympics online from his workplace to avoid missing his favourite competitions playing out in Vancouver during his work hours.

"I can check it out at work," he said. "I have an Internet session there. I'd probably like to just sit at home on my laptop and check it out too," he said.

Canadians can also watch Olympics action through their XBox gaming consoles, on YouTube and through iTunes.

Bell estimates that more than three billion people across the globe will watch the Games through live broadcasts, the Internet and cellphones.

THE CANADIAN PRESS

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Many employees are sneaking peeks at Olympics events during work hours — but can office network handle the online crush? Scan the barcode for more.
Learn how to scan the barcode with the instructions at the top of pg 3

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Fired uOttawa prof claims school spied on him
In November, Denis Rancourt, a tenured University of Ottawa physics professor fired last spring, filed a union grievance accusing the institution of engaging in "covert surveillance" against him. METRO NEWS SERVICES

Farming for the future?

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back every Wednesday for a new feature.

JON TATTRIE
for Metro Canada

"Self-motivated" and "entrepreneurial" are good terms used to describe working in agriculture.

Canadian farming is heading for a disaster as fewer and fewer farming children continue the family business.

"In the next ten years, about 80 per cent of the agricultural assets in the country are going to be transferred," says Christie Young, director of Ontario's Farm Start. "We're going to have a massive crisis in the agricultural sector because we don't have the infrastructure set up to get people into farming."

Conversely, that means it's a great time to get into farming. Farm Start, a Guelph, Ont.,-based organization, helps people from non-farming backgrounds get into the industry. Some come with university degrees in agriculture and others are second-career farmers.

Farm Start begins with a four-day explorer course. "It's a time for people to think really critically about whether this is the right career for them and what it means to be a farmer," Young says.

People are drawn to the physical, meaningful work and are often passionate about raising livestock. They want to be their own boss and enjoy the diverse daily tasks.

"They have to be self-motivated," she says. "You can't just focus on one piece of the puzzle if you want to be a farmer. You have to think about your growing system as part of a bigger eco-system, your business model as part of a much bigger food system."

The best way to learn is to do, she says, so Farm Start helps organize farming internships and runs an incubator farm. Courses in business-planning, crop planning and soil-health management round out the training.

Norbert Kungl runs the organic vegetable farm Selwood Green on the shores of Nova Scotia's Minas Basin. He's from a farming area of central Germany, but his family did not farm. He studied agriculture before moving to Canada and working on a farm for four years. In 1987, he started his own farm.

"I'm an entrepreneurial person who needs to do his own thing," he explains. He loves being his own boss on a large piece of land where he lives and works. He sells his produce at farmers' markets around Nova Scotia, including the Halifax Farmers' Market.

Like Young, he recommends non-farmers do an apprenticeship. "If you come from a farm, go out into the world and work on a variety of other farms or even other jobs to really know this is what you want to do," he says.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work

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Memorial University's Yaffle celebrates first anniversary

A year ago, Memorial University introduced Yaffle, a search engine designed to provide greater access to the institution's research and expertise. Since then, Yaffle has received close to 50,000 hits from people from 157 nations on six continents, and currently averages around 125 hits daily. METRO NEWS SERVICES

Workology in **brief**

COLLÈGE FRANÇOIS-XAVIER-GARNEAU GETS $11 MILLION The federal and Quebec governments announced last Friday an $11.1 million joint investment from the Knowledge Infrastructure Program to Collège François-Xavier-Garneau, a CÉGEP based in Quebec City.

MCGILL GETS CENTRE FOR BIODIVERSITY Yesterday McGill University launched the Quebec Centre for Biodiversity Science, which brings together over 60 researchers from eight provincial universities. The United Nations declared 2010 as the International Year of Biodiversity.

UWINDSOR GOES FOR JD OVER LLB DESIGNATION Last week, the University of Windsor's senate approved the change in the name of the school's law degree from LLB to JD — Juris Doctor. The move was spearheaded by uWindsor students, who voted overwhelmingly in favour of the JD designation in a referendum held last spring. The JD designation will take effect for the incoming cohort, the graduating class of 2013. Current students and alumni who graduated earlier will have the option to change their degree title. A number of law schools in Canada have either completed or are reviewing the adoption of the JD designation.

CENTENNIAL FIRST CAMPUS IN CANADA TO OFFER ISLAMIC FINANCE COURSE Centennial College is the first school in Canada certified to teach the growing field of Islamic finance, a system that does not charge interest or invest in commodities contravening Islamic law. The online course, to be led by an Islamic scholar with financial expertise, will be available to the public this September, and Centennial has already filled a spring class with staff from a major bank.

DIGITAL? The advent of Apple's iPad is expected to increase interest in digital textbooks, the acceptance of which is slow-going among students. According to the U.S.-based Student Public Interest Research Groups, 75 per cent of students prefer print textbooks over digital.

ALBERTA BUDGET ISSUES Following the Alberta government's budget announcement last week, post-secondary schools in the province are forecasting layoffs and salary constraints, and suspending plans for campus growth.

ULAVAL IN MEXICO? Last Thursday, Université Laval launched an office at the Santa Fe campus of Mexico's Monterrey Institute of Technology and Higher Education, which will also open an office in Quebec at uLaval. uLaval hopes its new physical presence in Mexico will foster student exchanges and the development of joint academic programs. METRO NEWS SERVICES

Boss' criticisms can be perilous

"It is easier to be critical than correct."

–BENJAMIN DISRAELI

Today, much of the workforce views a manager's criticism as "bullying" or "harassment." As toxic bosses have become a greater liability, their employees no longer call their doctors seeking a note for a leave of absence. Now they call their lawyers. But as harassment is often in the eyes of the beholder, when will a tough boss justify a successful lawsuit?

Dora Cooke knew her eventual boss Patrice Comeau for most of her life. When Comeau and a partner opened a Sudbury, Ont., office of HTS Engineering Ltd., they needed an assistant and Cooke was offered the job. The relationship soon soured.

After only a few months, Cooke became wary of her boss. The two often argued and Cooke would usually end up in tears. Comeau expressed his expectations forcefully and sometimes with outbursts of anger. Cooke was often on the receiving end. He called Cooke an "idiot" and "pathetic" and gave her an IQ test, stating she would not pass the second question.

Matters came to a head when Cooke was accused of another mistake and told that her performance must improve. Cooke swiftly proclaimed that she was not the right fit for the job and left the offices never to return.

Cooke sued and claimed that as well as being bullied, she had been sexually harassed. Shocked by these serious allegations, Comeau and HTS defended these allegations all the way to a recent trial.

An Ontario judge rejected Cooke's claim that she had been sexually harassed. Although the court was troubled by evidence that Comeau and Cooke frequently engaged in sexual banter, Cooke ultimately welcomed the conversations and therefore, it could not be said that she was sexually harassed.

Cooke had, however, been bullied. An employer is entitled to be critical of unsatisfactory performance and to take measures, disciplinary or otherwise, to remedy that problem. When those measures become so unreasonable that an employee cannot be expected to persevere, she may be able to resign and claim damages for constructive dismissal. Here, Comeau's insulting language and outbursts of anger were enough to meet this test.

Cooke was awarded two months' salary and an additional payment on account of her mental distress.

Workplace**Law**

Daniel Lublin

Metronews.ca/workplacelaw

Recurring issues

In the quest to strike an appropriate balance between legitimately criticizing an employee's performance and harassment at work, there are some recurring themes:

- Whether there is a workplace harassment policy and whether its details have been followed.
- Is criticism based on solely on work performance or are personal characteristics being challenged.
- Are inappropriate comments attached to performance management. No court would condone some of the comments that Comeau allegedly made.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@canadaemploymentlawyer.com.

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Dating tips can work for careers

Girl on **Top**

Author: Nicole Williams
Publisher: Center Stree
Price: $24.99

CRAIG LUND
for Metro Canada

In our love lives it's obvious that the ultimate goal is to find the love of your life.

In the case of author Nicole Williams, this goal should align with your career … considering we often spend more time on the job than with our respective partners.

So why then is it that we don't often approach our career choices with the same tenacity that we do in dating?

According to Williams, by using the top rules for dating as an approach to finding your dream job, as well as to continue thriving within it, it just makes sense.

This book is written for women and also looks at the various issues that affect them in their career growth such as the still present salary gaps and the glass ceiling.

As Williams' puts it "working for less than industry standard is going to kill their career … Don't give away the milk for free."

William's takes a hilarious approach to this topic and will help the "job-loveless" lady see the light. You will at the very least get a kick out of this book, and maybe up a few rungs on the Career Ladder.

Book**Review**

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Did you know?
According to a recent TD retirement savings poll, 52 per cent of working Canadians under 65 are scared they haven't saved enough money for a comfortable retirement. METRO NEWS SERVICES

RRSP Guide

Don't forget
The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 12 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Save on taxes with spousal RRSPs

RAFAEL BRUSILOW
for Metro Canada

Spousal RRSPs can be a powerful tool for couples to generate more money during retirement while paying lower income tax.

While it may sound complicated, a spousal RRSP is simply an RRSP for which you use some or all of your RRSP contribution room to benefit your spouse.

David Ablett, director of tax and retirement planning at Investors Group, says ultimately the spousal RRSP is a great tool for couples to save on taxes and garner the benefits of income-splitting if one of them earns a significantly higher income than the other.

"It's a way to equalize the retirement income for the couple and generate more retirement income in the hands of the lower-income spouse," Ablett said.

The way it works is simple: The lower-income earner opens an RRSP in his or her own name, but with their spouse as contributor. That spouse can then contribute to that spousal RRSP up to a limit based on their own, much higher income, rather than the first spouse's lower income. That means more money put away for the lower-income spouse and tax savings for the higher-income spouse, a doubly beneficial arrangement.

If the higher-income earner's marginal tax rate was 40 per cent, for instance, he or she could initially save $4,000 by contributing $10,000 into a spousal RRSP. Plus, if the eventual payout is put at an even lower marginal tax rate, the couple could benefit from an even higher tax deduction and thus save even more money.

Bottom line: A spousal RRSP can reduce a couple's tax bill by shifting money to the lower-income spouse for a lower tax rate, while potentially helping to maintain Old Age Security benefits by keeping each partner's retirement income low enough to avoid clawbacks.

The total RRSP contribution space of the higher-income earner still applies to all contributions he or she makes into either their own or their partner's spousal RRSP. Even though you can't go over your natural contribution totals, the result is still a more efficient use of money.

"It's a way to equalize the retirement income for the couple." David Ablett

However, there is a government-imposed restriction to be aware of, Ablett says. Any money the lower-income holder of the RRSP withdraws from the spousal RRSP within the first three years stays taxable in the hands of the contributor — meaning the couple gains no benefit from the spousal RRSP arrangement.

"People who are saving for the long term with spousal RRSPs should try to determine when they need to take a payment from their spousal RRSP, and three years before that time, stop making contributions into that spousal RRSP," Ablett said.

A spousal RRSP allows you to use some or all of your contribution room to benefit your spouse.

Next week's lineup

LAST-MINUTE TIPS For advice on investing before the deadline and planning ahead for next year, pick up Metro's next RRSP Guide on Feb. 24.

4 tips for the season

1 Review your financial plan. Your financial plan should be reviewed at least once a year to make sure you're still on track to meet your investment and lifestyle objectives.

2 Borrow to invest. If you've accumulated RRSP contribution room over the years (this is unused RRSP contribution room carried forward from previous years), and you'd like to catch up on these unused contributions, consider borrowing money through a low-rate line of credit.

3 Contribute to a spousal RRSP. A spousal RRSP is an account into which one spouse makes contributions to the other spouse's RRSP who is in a lower tax bracket than the owner of the account. Typically, the higher-income spouse will contribute to a spousal RRSP and receive a tax deduction at a high marginal tax rate. When the other spouse withdraws that money, it will generally be taxed at a lower tax rate.

4 Invest on a regular basis. Get off to a good start for 2010 by having your money automatically transferred from your bank account to an RRSP or savings fund on a regular basis. It's the easiest, most convenient and disciplined way to reach your goals. By doing this, investors can benefit from dollar cost averaging by purchasing equities or mutual funds throughout the year. TORSTAR NEWS SERVICE

The ins and outs of spousal RRSPs

Got questions about spousal RRSPs? Metro presents a few frequently asked questions and answers, compiled with the help of David Ablett, director of tax and retirement planning at Investors Group:

• What is a spousal RRSP?
It's an RRSP opened in your name to which your spouse contributes to.

• Why consider a spousal RRSP?
Most commonly, it's a way for a couple with one higher-income-earning spouse to save taxes and equalize retirement income by letting the higher earner contribute money into the lower-income spouse's RRSP where it will be taxed at a lower rate come retirement.

• Which spouse officially owns the money inside the spousal RRSP?
The spouse who actually holds the spousal RRSP.

• Who receives the tax receipt for contributions made by a spouse into their partner's spousal RRSP?
The spouse who contributed the money into the spousal RRSP.

• How much can I contribute into my partner's spousal RRSP?
You can contribute to a spousal RRSP money up to your normal RRSP contribution limit. If your income is significantly higher than your spouse's, this could mean significantly more tax efficiencies than if you had put all the money into your own RRSP.

• What happens if the owner of the spousal RRSP withdraws money from it?
Any money contributed by the higher-income spouse within the past three years gets taxed at that higher-income earner's tax rate rather than the RRSP owner's tax rate. After three years, any money withdrawn gets taxed normally at the RRSP owner's tax rate.

• What happens if the holder of the spousal RRSP dies?
Unlike normal RRSPs, which don't allow contributions after death, a spousal RRSP allows the contributing spouse to make one final contribution in the year of death.

• Can I withdraw money from a spousal RRSP to help me buy my first home, like I can with a normal RRSP?
Yes – spousal RRSPs do allow up to the maximum amount of $25,000 to be withdrawn by first-time homebuyers and are subject to generally the same repayment rules as regular RRSPs — so a couple could potentially withdraw up to $50,000 from their RRSPs to buy a first home.

• What if one spouse is older than the other?
Normally, individuals can't contribute to RRSPs after age 71, yet spousal RRSPs allow spouses to contribute until the holder of the spousal RRSP reaches the age of 71. – RAFAEL BRUSILOW /FOR METRO CANADA

* Some restrictions apply. Subject to change without notice. The Golden Egg is a non-redeemable stepped-rate term. Visit a branch for details.

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Did you know?

According to a recent TD retirement savings poll, 20 per cent of Canadians are counting on using CPP, a lottery win or an inheritance for their retirement instead of contributing to an RRSP. METRO NEWS SERVICES

METRO HOCKEY POOL
STANDINGS*

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	A, CA	887	376	525	901
2. Jonathon Gremsperger	B, CA	887	376	517	893
3. Shawn Tschritter	A, CA	882	364	524	888
4. Stephanie Warren	N, CA	864	369	516	885
5. Christian Gagnon	N, CA	839	355	524	879
6. Kyle Turk	N, CA	890	370	503	873
7. Dennis MacDougall	N, CA	860	360	511	871
8. Cole Warren	N, CA	872	330	536	866
9. Bernie Horton	O, CA	826	359	505	864
10. Joanne Doiron	N, CA	832	349	513	862
11. Blaine Schlechter	A, CA	852	350	509	859
12. Jordan Camponi	A, CA	838	336	521	857
13. Jean-Paul Osborne	Q, CA	877	350	505	855
14. Grant Greenfield	A, CA	849	380	474	854
15. Darrick Bowden	N, CA	848	338	513	851

* Results exclude Quebec

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More bang for your buck

Using an RRSP to save for your retirement is a great idea, but using a spousal or group plan may give you even more bang for your buck.

A spousal RRSP provides income-splitting opportunities down the road to lower a couple's tax bill.

The trick is knowing the rules for these types of Registered Retirement Savings Plans, and the pros and cons of each.

"Registered Retirement Savings Plans are one of the best retirement savings opportunities that exist for Canadians," said David Irwin of Investors Group Financial Services. "The choice of what type of RRSP to use usually comes down to an individual's circumstances, their knowledge and comfort level, and their focus on big-picture planning."

By using an RRSP, investors can put off paying income tax on the interest, dividends, and capital gains they earn on their investments. Instead, you'll pay tax on the income you withdraw upon retirement, when presumably, you will be in a lower income tax bracket, and therefore, pay less tax.

How much you can contribute is tied to how much you earn, typically up to about 18 per cent of your earned income minus any pension adjustment. The maximum allowable contribution for 2009 is $21,000.

A spousal RRSP may be a good option if one spouse will be earning substantially more than the other during their golden years.

Here's a simple example: John and Judy are married. John stays at home while Judy works at a high-paying job. Since John isn't working, he's not generating income or RRSP contribution room; he doesn't have much of his own savings; and he's not paying into the Canada Pension Plan, while Judy is doing all of the above. She has $20,000 of RRSP contribution room and plans to put aside that much this year.

She has some choices to make: $20,000 in her own RRSP, to a spousal RRSP for Jack, or a combination of the two, as long as her contribution doesn't exceed that amount.

If Judy puts $10,000 into her own plan and $10,000 into a spousal plan for Jack, she can take a full $20,000 deduction on her income taxes.

That money now belongs to Jack.

"It's now his money and upon retirement, the theory is that he will be in a lower marginal rate than what Judy would be," Irwin said.

In Canada, spouses can be married, common-law, or same-sex partners, he added. "The main philosophy behind the spousal plan is to provide income-splitting opportunities down the road to lower their tax bill."

A spousal plan is also a good option when one spouse is much older than the other. That's because you can make contributions to your RRSP until the end of the year in which you turn 71; but you can keeping paying into a spousal plan until the end of the year when your younger spouse turns 71. That adds up to continued income tax deductions for you, and more retirement savings for your younger husband or wife.

Keep in mind that if money is withdrawn from a spousal RRSP within three years of when it was contributed, the spouse who made the contribution will be hit with a tax bill.

If a separation agreement is in place, the taxes would be paid by the person who redeemed the money, and would not be attributed back to the contributor.

Any early withdrawals from an RRSP are subject to a heavy tax bill, except if the money is pulled out to buy a first home or go back to school.

Spousal plans can be useful here, too: Under the Home Buyers Plan, each spouse can take out $25,000 from their RRSP.

"If I had $50,000 of RRSP room and I put the full amount into my own RRSP, I can only take out $25,000 under the program," Irwin said. "But if I put $25,000 into my own and $25,000 into the spousal plan, my spouse and I can each take $25,000. By using the spousal RRSP, we've doubled the amounts that can be withdrawn under the Home Buyers Plan."

The same principle applies to the Lifelong Learning Plan.

Many employers have optional group RRSP plans that allow employees to make contributions directly from their paycheque. Some may match contributions or pitch in percentage to beef up their workers' retirement fund. Those "off-payroll" contributions are a big advantage, Irwin said.

Most people get federal and provincial taxes automatically taken off each paycheque, save up their money, and make a big RRSP contribution once a year. They typically receive an income tax refund, and that's exactly what it is: Because you made a contribution, you don't owe as much in tax, and so Canada Revenue Agency gives back some of the money you were sending in all year long. TORSTAR NEWS SERVICE

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By the numbers
According to a recent TD retirement savings poll, 53 per cent of those who contribute to an RRSP contribute through a fixed monthly deposit; 29 per cent make one lump sum payment a year; and 18 per cent use a combination of the two. METRO NEWS SERVICES

Cash in your spouse's hands

JON TATTRIE
for Metro Canada

Spousal RRSPs are a practical means of income-splitting for couples, especially when one earns more than the other.

It allows the higher-income earner to defer taxes right away and reduces taxes in retirement. For those reasons, many experts recommend taking advantage of spousal RRSPs right away.

"Income splitting is just a way to reduce the family's overall tax bill by shifting the income from the higher-income earner to the lower-income earner, so that the same amount is taxed at the lower rate," explained Dana Scott of Dana Scott Wealth Management in Halifax.

She added the caveat that the contributed funds must be retained in the spousal RRSP for at least three years to avoid taxation at the higher income level.

In retirement, the couple can take income from two RRSPs, instead of just one, lowering the overall tax bill. Rules on income-splitting introduced by the federal government in 2007 took away some of the advantages of spousal RRSPs, but Scott says they still serve a function.

The spousal RRSP makes sense for those who retire before the age of 65 and want to split income at that point, experts say.

"The spousal RRSP still makes sense, in my view, for those who retire prior to 65 and want to split income at that point," she said. Income-splitting rules aren't as generous as spousal RRSPs because they have a 50 per cent limit. With a spousal RRSP, you can put all of that income into your spouse's hands, she said.

Common-law or married couples are eligible for the spousal RRSPs, but they don't increase the yearly RRSP limit.

Scott says spousal RRSPs are also useful if the higher earner is going to receive government benefits sooner because they're older or if they have other sources of income.

"If one spouse did not have a pension, I'd recommend using spousal RRSPs for sure."
Alf Staniforth

Then, it's important to put as much income as you can into your spouse's hands.

Alf Staniforth, a senior financial adviser with Assante Wealth Management in Ottawa, said he advises clients to consider spousal RRSPs at any age. It can have particular advantages as you approach retirement.

"If a spouse is younger and the (older) individual turns 71, they still can still make RRSP contributions as a spousal RRSP because the spouse is younger and hasn't reached the cut-off point yet," he explained.

"If one spouse did not have a pension, I'd recommend using spousal RRSPs for sure," he added.

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WiFi in Volvo

In-car entertainment turned it up another wireless notch at the recent Chicago Auto Show when Volvo showed off "the industry's first Internet connected Rear Seat Entertainment System with Windows XP, WiFi and a 500G hard drive." METRO NEWS SERVICES

Metro Drive

Pets' best friends

Pet safety advocate group Bark Buckle UP has named the winners of its 2010 Pet Safe Choice Awards, which recognize pet-friendly and pet-safe vehicles. Top vehicles include the Dodge Journey, Ford Flex, Kia Soul, Honda Element, Smart, Subaru Outback and Volvo XC60. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Tucson tough enough

Hyundai SUV stands out in the crowd

JIL MCINTOSH
for Metro Canada

Introduce a new model into a crowded segment, and it needs to be good or it won't survive. With an all-new Tucson for 2010, Hyundai has a solid entry among compact SUVs.

The outgoing model, which was showing its age, came with a choice of four-cylinder or V6. The 2010 model has only one engine, an all-new 2.4-litre, which at 176 horsepower is stronger than the V6 it replaces. The base model, at $22,999, uses a six-speed manual. All others come with a six-speed automatic, at prices ranging from $24,299 to a high of $34,449, which is top-end Limited trim further optioned with a navigation system and Hyundai's first-ever panoramic sunroof.

An all-wheel-drive system, optional on the two lower trim lines (except for the stick shift) and standard on the Limited runs primarily in front-wheel-drive, but can send 50 percent power to the rear when necessary. At low speeds, it can also be locked into 50/50, handy for getting out of snowy driveways.

The ride is stable and pleasant, helped by front coil springs that slant sideways to keep the vehicle level on hard turns. The electric steering is tuned for a fairly organic feel, and the turning radius is spin-on-a-dime sharp. For all that, the steering wheel snaps sharply back to centre after a turn, as if it's spring-loaded: handy in parking lots, but annoying on the road.

Although it weighs 29 kilograms less, the new model is slightly larger than the outgoing version, and is very roomy inside, even in the second row. The dash design is night-and-day over the old model, with metallic accents, textured plastics, and blue backlighting. All models include air conditioning, six airbags, whiplash-reducing active front head restraints, and electronic stability control.

The engine's good enough that you won't feel any need for a V6. Unusually for a four-cylinder, stomping on the throttle for passing simply produces linear power, without any accompanying roar or whine.

The six-speed automatic is well-matched to it, without any gear hunting on hills. Frugal drivers will also appreciate that its published fuel consumption figures are among the best of all of its competitors.

The 2010 Hyundai Tucson features a powerful 2.4L engine with 176 hp and improved interior design.

2010 Hyundai Tucson

Type: Compact SUV
Price: from $22,999
Engine: 2.4L
HP: 176

Highlights

- Stable ride
- Roomier interior with better design and materials

A royal treat for Canadian plant

Canada may not have any major mainstream auto companies of its own, but we certainly know a thing or two about building cars.

Five automakers based outside of Canada — Chrysler, Ford, General Motors, Honda and Toyota — have plants in Ontario, and GM announced at 2010 Canadian International Auto Show that its facility in Oshawa, Ont., will produce the upcoming Buick Regal for the U.S. and Canada.

"Regal will bring a mid-size sport sedan to the Oshawa car plant in the fourth quarter of this year," says Tony LaRocca, communications manager for GM Canada.

The Regal is a global model — it's a version of the Opel Insignia, which was named the 2009 European Car of the Year. Canadian-built models will go on sale in the first quarter of 2011 as the plant ramps up to full production.

The 2011 Buick Regal made its Canadian debut at the 2010 Canadian International Auto Show in Toronto last week.

JIL MCINTOSH/
FOR METRO CANADA

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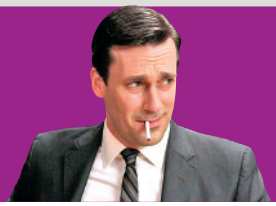
New kid on the Vancouver block

The Fairmont Pacific Rim, fronting one of Vancouver's best addresses, features unobstructed views of the north Shore Mountains, Stanley Park and Coal Harbour. With its rooftop pools and resort style, it debuts in March with rates starting from $229 for a guestroom. METRO NEWS SERVICES

Travel



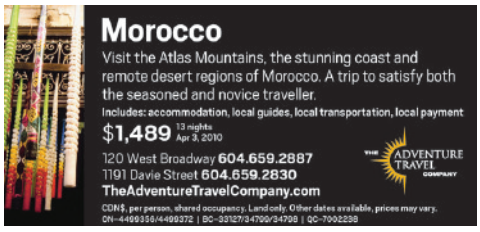
Stay like Mad Men in New York

New York's Carlton hotel is offering the ultimate Mad Men Package this year, Mad about NYC. Guests can walk in the well-heeled footsteps of Don Draper, Roger Sterling, Joan Harris and the entire Sterling Cooper gang with this special travel package created exclusively for the Carlton Hotel for fans of the hit TV show Mad Men. The package is $129.99 per person + tax a night and is valid through the end of the year and can be booked on Carlton's website carltonhotelny.com. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

TIM MCLAUEF/THE ASSOCIATED

Horseback tours are a great way to see the real Florida.



Trekking off the beaten path

Ziplining, horseback tours and nature adventures await in Florida

TIM MCLAUEF/THE ASSOCIATED PRESS

Ziplining safaris aren't for the faint of heart.

On a recent, chilly evening, I looked up and saw more stars than I ever had in the Florida sky. I was 14 metres above the ground and my heart was racing.

Then, I stepped off my platform into an inky abyss. I could barely see the glimmer of a swamp below.

Attached to a harness and a cable, I flew through the forest to the next platform. The hum of the zipline and the occasional night bird were the only sounds in my ears.

This was no Central Florida theme park ride — it was a starlight zipline tour on a ranch south of Orlando. For a weekend, I trekked around the area in search of a wild Florida, away from the manicured and manufactured.

Something to do after Disney

There are plenty of possibilities.

WANT TO FLY?

Tours vary by cost but a zipline safari and a horseback adventure is $110 at Forever Florida in St. Cloud. Check out foreverflorida.com for more details.

GOT A NEED FOR SPEED?

Do you want to feel the wind in your hair as you whip through the brush of the Florida countryside? Price varies by tour but a two-and-a-half-hour ATV experience costs $65 at Revolution Off-Road Experience in Clermont. Visit revolutionoffroad.com for more details.

WHERE TO STAY?

After a hard day of trekking through Florida you will want a quiet place to rest your head. The Lakeside Inn in St. Cloud has rooms for as little as $35 and suites starting at $65.

There is a restaurant onsite with giant breakfasts. Visit lakesideinnfl.com to book.

THE ASSOCIATED PRESS

Travel in brief

HOLIDAY INN The Holiday Inn brand is undergoing a global Holiday Inn relaunch. The relaunch is a $1 billion global initiative. All over the world, every single Holiday Inn and Holiday Inn Express will have to sign onto the relaunch by the end of this year or lose their flag. Relaunch elements include upgraded and decluttered lobby areas, a Holiday Inn scent and sound, new bedding, upgraded showers and new signage with the redesigned logo

HEADED TO PARIS The legendary Hotel du Palais is hosting Members and Friends of New York's Metropolitan Museum of Art for five nights from June 1 to 6, 2010 as part of a nine-day program entitled Napoleonic Splendors: Palaces and Pleasures. The program rate per person is $9,450 with a single supplement of $1,385. Rate includes nine nights hotel accommodations, a first class train ticket to Paris and all meals. International airfare is not included

SAN DIEGO The San Diego North Convention and Visitors Bureau is looking for San Diego North travel stories from recent visitors to feature in the Bureau's newly launched Don't Be Left Without a Story – Write Yours in San Diego North campaign. Visitors can share their favorite San Diego North memories, experiences and photos with other visitors on the Bureau's website SanDiegoNorth.com for a chance to win a trip to La Jolla, valued at over $1,700.

TRAVEL FACEBOOK As travelers look for new and ever more effective ways to gather information on the latest deals, trends and gadgets, a new resource on the Web takes them straight to the source: the people who write about travel for a living. Tripatini.com, the international social network the New York Post dubbed Facebook for travelers, allows consumers to tap into the collective knowledge of these experts.

METRO NEWS SERVICES

Madonna looking at new fashion line
Madonna is in talks to launch a women's clothing line to be sold at Macy's, sources tell Women's Wear Daily. The line would include apparel, accessories, lingerie, and shoes — the underwear portion possibly to be named Truth or Dare. EW.COM

Entertainment

Spelling book
Simon & Schuster — publisher of Tori Spelling's two previous books — has signed the actress to her first children's book, Presenting...Tallulah, the tale of a spunky little girl. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Thrilling recreation

Martin Scorsese chats with Metro about Shutter Island

PHIL BROWN
for Metro Canada

Few filmmakers have reached the iconic status of Martin Scorsese. With a back catalogue filled with classic titles like Taxi Driver, Raging Bull, and Goodfellas, his place as one of the greats in cinema history is assured.

These days the director has little left to accomplish, but can't stop making movies because of his undying passion for the medium. An obsessive cinephile, Scorsese continues to be inspired by films of the past and seeks out opportunities to make projects equal to those that enthrall him as a viewer. His latest film is Shutter Island, an attempt to recreate one of the Hollywood thrillers of his youth.

Shutter Island opens Friday

Although Scorsese had previously undertaken something similar in 1991 with Cape Fear, the director told Metro that he wasn't sure how Shutter Island would turn out.

"I like to say that I didn't quite know what it would be and gave myself over to the material along with the actors," he said. "It was a process of discovery throughout. That doesn't mean that I didn't know that it was going to be a process of discovery, I just didn't know how much there would be and there turned out to be a great deal."

Though somewhat uneasy with the material, Scorsese did know from the beginning where his movie fit in with the history of film and how he would honour his narrative forbearers.

"I like to say that I didn't quite know what (Shutter Island) would be and gave myself over to the material along with the actors."
Martin Scorsese

"I think the trappings of the story and the nature of the situation automatically bring certain films to my mind and certain images that go back several hundred years," said Scorsese. "A shot of a mansion at night in a storm creates certain reactions because that's part of our DNA to a certain extent in film. So the movie draws a lot on a very long memory of films that's I've seen and books that I've read over the years.

"The issue was to have them work for our story and our characters, but at the same time refer to other material from the past. In other words, the more you see of the past the more you can draw up that to make the present and the future."

When asked what specific influences he drew upon for his tale of a detective unraveling a dark mystery in a foreboding mental institution, the director pointed to a few specific genre filmmakers he valued above all others.

"Well there's always Mario Bava and his use of very powerful colours. I always loved the thriller/horror films that he made in the late '50s early '60s like Black Sunday and Black Sabbath and I keep referring to them," revealed Scorsese. "But Val Lewton and Jacques Tourneur's movies like Cat People are really the key films. They are beautiful works of poetry that I look at repeatedly. They are like pieces of music. I keep watching them and its kind of new every time. I can't reach that level of Tourneur though. He was remarkable."

Scorsese might be too modest to admit that he's an equal to the filmmakers that inspire him, but audiences need to only watch a few minutes of his extraordinary work to see that he is one of the true masters of cinema.

Martin Scorsese and Leonard DiCaprio on the set of Shutter Island.

Mueller checks into rehab

Charlie Sheen's wife Brooke Mueller has checked into a rehab center for substance abuse. Mueller, 32, checked into The Canyon rehab facility in Malibu last Tuesday, according to TMZ.com. PEOPLE.COM

The Academy has long been fascinated with bad guys... and girls. Actor Mo'Nique, right, as an abusive mother to Gabourey Sidibe's (left) character Precious in the eponymous 2009 film, is up for an Oscar.

Favourite villains

Oscar favours the dark side (again) for 2009

For your consideration: A pedophile serial killer with a creepy dollhouse hobby, a murderous Nazi who delights in tormenting Jews, and a hateful mother who abuses her daughter and granddaughter.

Hollywood loves a bad boy and so does Oscar, with academy voters nominating several roles this year that are less than cordial, if not downright crazy.

There's Christoph Waltz for his chilling performance as smooth-talking, Jew-hunting Nazi Col. Hans Landa in Inglourious Basterds; Stanley Tucci for his scary, blue-eyed turn as pedophile George Harvey in The Lovely Bones; and Mo'Nique for her role as Mary Jones, the abusive mother in Precious.

So what is it about iniquitous villains that actors, moviegoers and members of the Academy of Motion Picture Arts and Sciences find so compelling?

"I think we take a vicarious pleasure in the problems that they present, in the pain that they inflict, and not least of which in the demise that they suffer at some point," says Stephen Lang, who plays the vengeful, scar-faced military officer Miles Quaritch in Avatar.

"It's like having a vaccine," says Karen Sternheimer, a sociology professor at the University of Southern California. "It's a low dose of something that you really don't want to experience in real life, a way of experiencing something really awful about the human condition from a safe distance."

This season's crop of nefarious characters highlights a long-standing pattern among academy voters of tending toward the dark side.

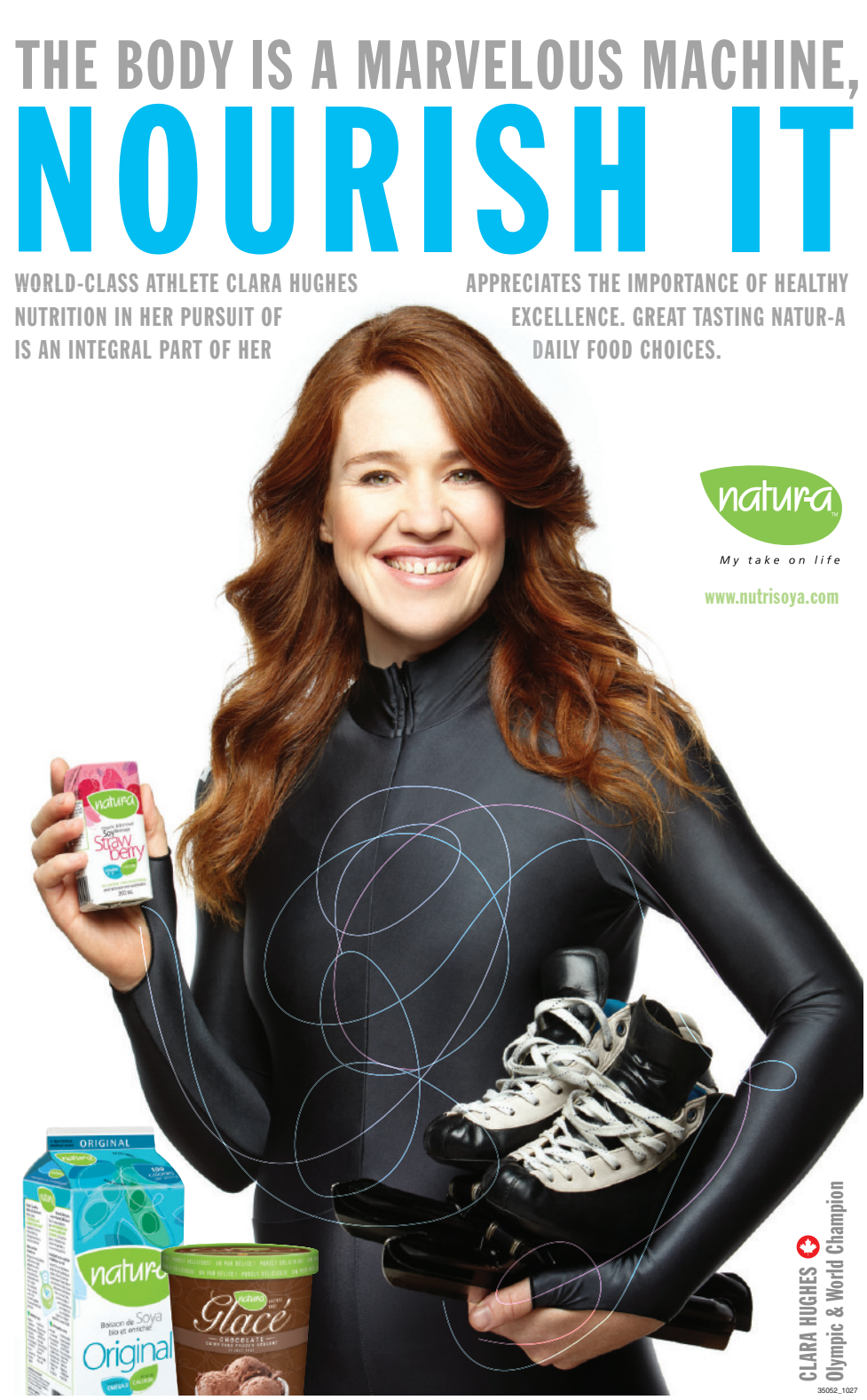
In 1932, Fredric March won best actor for Dr. Jekyll and Mr. Hyde. And who can forget Louise Fletcher's winning role as the cold-hearted Nurse Ratched in 1975's One Flew Over the Cuckoo's Nest. Then there's Anthony Hopkins' unforgettable 1991 portrayal of Hannibal Lecter in Silence of the Lambs. Yet academy voters seem to be embracing the unsavoury even more of late, reflecting a change in what kinds of roles might be considered Oscar-worthy, says Tom O'Neill, a writer for the awards-tracking website, TheEnvelope.com.

"We're seeing cutthroat Hollywood exposing themselves in a clear trend . . . a broader acceptance that these (evil) roles are artistic," he says. "We're seeing more artistic movies become darker."

Take Heath Ledger's posthumous Oscar last year for his supporting role as the Joker in The Dark Knight, a villain so vicious that playing him reportedly kept the actor up nights. Another bad guy, Javier Bardem's cattlegun-wielding Anton Chigurh in No Country for Old Men, took the same prize the previous year.

Tilda Swinton won the supporting actress Oscar for her 2007 role as a heartless, scheming attorney in Michael Clayton. Daniel Day Lewis took home the golden guy that same year for his leading performance as ruthless, murderous oil man Daniel Plainview in There Will Be Blood. Before that, Forest Whitaker won for his turn as Idi Amin, the corrupt, bloodthirsty Ugandan dictator, in The Last King of Scotland.

THE ASSOCIATED PRESS



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In brief

MUSIC Cash-strapped music company EMI Group Ltd. is seeking a buyer for Abbey Road studios, where The Beatles recorded some of their most famous songs, a person familiar with the situation said Tuesday. The person said talks had been going on for several months, but a buyer had not yet been found. The individual spoke on condition of anonymity because the talks are private. A spokesman for EMI refused to comment on the sale bid.

THE ASSOCIATED PRESS

The Hunter seeks the Golden Bear

An Iranian movie, made against the backdrop of last year's election campaign and centring on a man whose wife is killed in a shootout between police and demonstrators, made its debut Tuesday at the Berlin film festival.

Director Rafi Pitts said he received authorization to make The Hunter from Iranian authorities and shot it before the violence that followed President Mahmoud Ahmadinejad's disputed re-election last June.

Pitts, who grew up in Tehran but has lived in Britain and France since, said he had "no idea" when the film might be shown in Iran.

GETTY IMAGES

Iranian Rafi Pitts both directs and stars in film The Hunter.

"I don't think it's a one-sided film, so I think it has the right to be shown," he said at a news conference. "The question is, will they give me the right?"

The film's main character, played by the director, is released from prison amid talk of upcoming elections and Iran's supreme leader, Ayatollah Ali Khamene.

He tries to spend time with his wife and young daughter, but they are accidentally killed in a shootout. Pitts' character, Ali, randomly shoots dead two policemen on a city highway, after a long and frustrating wait for information, and flees before being nabbed by two officers who argue about what to do with their captive.

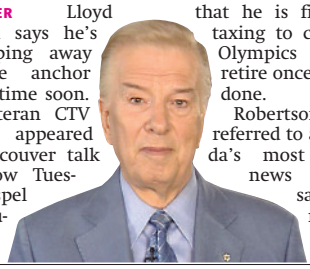
Pitts insisted that the film depicts a "Kafkaesque situation (that) relates to many countries, it's a universal theme."

The Hunter is one of 20 films competing for the festival's top Golden Bear prize, which will be awarded Saturday.

THE ASSOCIATED PRESS

Robertson is not fading into the sunset anytime soon

NEWSCASTER Lloyd Robertson says he's not stepping away from the anchor desk any time soon.



The veteran CTV newsman appeared on a Vancouver talk radio show Tuesday to dispel online rumours that he is finding it taxing to cover the Olympics and will retire once they are done.

Robertson, often referred to as "Canada's most trusted news anchor," said the rumours were a "fascinating work of fiction, really fascinating."

"I don't know where this comes from, but the premise is that I'm tired, I'm worn out," Robertson said on CKNW's The Bill Good Show.

According to the rumours, the 76-year-old plans to tell top brass at the beginning of next month that he will step down.

"Do I look like I'm wasting away?" Robertson asked Good while chuckling over the story. "Do I look tired?"

The rumours began with a blog post by Howard Bernstein, a former TV producer who has worked for CBC, CTV and Global.

THE CANADIAN PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/17/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (CC)		Republic of Doyle		CBC News: The National (N)		City-lan
	254	-	8 OMNI	Two/Half Men	Two/Half Men	XXI Winter Olympics Short Track Speed Skating. (Live)					Not a Drop Student diversity.	
	250	321	9 CTV	(3:00) XXI Winter Olympics Speed Skating, Hockey, Snowboarding, Medal Ceremonies. (Live) (CC)								CTV News (N)
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice "Settling" (CC)		The Standard		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones "The Dwarf in the Dirt"		Kitchen Nightmares (CC)		The Deep End (N) (CC)		News
	256	389	12 VI	TMZ (N) (CC)	Access H.	Criminal Minds "Hopeless"		American Idol (N) (CC)		CSI: NY "Hammer Down"		A News (N)
	253	359	13 CITY	The Office	The Office	How I Met	How I Met	Family	The Middle	Cougar Town	Cougar Town	EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Unmarried	Criminal Minds "Hopeless"		CSI: NY "Hammer Down"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXI Winter Olympics Snowboarding, Speed Skating, Skiing. (Same-day Tape) (CC)						
	602	568	19 W	Supernanny "Bruno Family"		Chef Worthy	Grocery Bag	Restaur.	Grocery Bag	Rivals ★ (2000) Jennifer Finnigan, Rel Hunt.		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Family	The Middle	Family	The Middle	Cougar Town	Cougar Town	KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Styx ★★ (2001, Suspense) Peter Weller, Bryan Brown.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	ArtZone	Steves Europe	Faces of America		The National Parks: America's Best Idea (CC) (DVS)				Ultra
	290	382	28 FOX	Two/Half Men	Two/Half Men	Human Target "Lockdown"		American Idol (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	33 PBS	National Parks: America		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Faces of America	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	No Back Pain	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	Life Unexpected (CC)		Gossip Girl (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	NTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	Geologic Journey		CBC News: The National (N)		CBC News: The National (N)		Geologic Journey		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(3:00) XXI Winter Olympics Curling, Speed Skating, Hockey. (Live)								
	400	400	30 TSN	(3:00) XXI Winter Olympics Hockey, Curling, Snowboarding. (Live)								SportsCentre
	411	457	49 OLN	Olympics	Angry Planet	Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters Academy		Ghost Hunters
	410	403	54 SCR	NBA Basketball: Suns at Mavericks			Score Now	Score Now		Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pass Time	NASCAR Hub	Dangerous Drives		Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Fútbol Español		La Liga 360		Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Fries That?	Prank Patrol	The Next Star (CC)		The Next Star "16 to 6"		Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Blue Realm (CC)		Chinese School (CC)		Dido and Aeneas (N) (CC)		Sorceress: Kiri Te Kanawa		Stratford Adv
	575	583	20 CMT	Home Imp.	Home Imp.	CMT Star	CMT Star	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	MOD Live at the Base (CC)		Vancouver 2010 Concert		Make It or Break It (CC)		Love Court	My Date	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Agent-Agent	Real Estate	Property	Unsellable	House
	615	520	31 A&E	Dog the Bounty Hunter (CC)		Steven Seagal	Steven Seagal	Bounty Hunter	Bounty Hunter	(:01) Dog the Bounty Hunter		Bounty Hunter
	628	584	32 SPKE	Ways to Die	MANswers	Blue Mountain	Ways to Die	MANswers	Ways to Die	CSI: Crime Scene Invstgtn.		Mysteries
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		Obese and Pregnant (CC)		Twins by Surprise (CC)		Toddlers & Tiaras (CC)		Mystery Diag.
	616	522	39 SHO	Relic Hunter (CC)		Summer House (2008) Lindsay Price, David Haydn-Jones. (CC)				HawthoRNe "Night Moves"		NCIS (CC)
	620	523	40 BVO	White Collar "Home Invasion"		Law & Order "Trophy" (CC)		Without a Trace "Fallout"		White Collar "Home Invasion"		RedShoe
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	What	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	Mayday (CC)		Daily Planet (CC)		Mayday (CC)		The Colony		Man vs. Wild
	522	506	44 HIS	Ice Pilots NWT (CC)		Nostradamus Effect (CC)		Ice Road Truckers (CC)		Ice Pilots NWT (CC)		Re-Inventors
	627	528	45 SPC	Supernatural (N) (CC)		InnerSpace	Stargate SG-1 "The Tomb"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	Meet, Browns	Meet, Browns	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Rescue Ink (CC)		Hoarders "Deborah; Jim"		Hoarders Hobbyist hoards.		Parking Wars	Parking Wars	Spoiled
	603	561	52 FN	Chopped (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Chopped (CC)		Iron Chef Am.
	-	-	53 AMC	Lara Croft-Life	Force 10 From Navarone ★★ (1978, War) Robert Shaw, Harrison Ford, Barbara Bach. (CC)						Mystery Men ★★ (1999) (CC)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	(:35) Hot Box	Daily Show
	320	621	60 CEN	(6:30) 45 R.P.M. (2008) (CC)		Death Race ★★ (2008) Jason Statham, Tyrese Gibson.				(9:50) Let the Right One In ★★★ (2008)		
	581	566	101 MTV	The Real World (N) (CC)		Real World	Sex News	16 and Pregnant "Jenelle"		The Real World (CC)		Real World
	261	394	102 V	Unscripted (N)	God Bless	Poltergeist: The Legacy		Larger Than Life ★★ (1996, Comedy) Bill Murray. (CC)				Paid Program
	-	-	106 MUL	My Queen	Immortal	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

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Anxiety, huh?
Chynna Phillips has entered a rehab facility for anxiety, tvguide.com reports. "With the full support of her family and friends, she is looking forward to her recovery," said her publicist, Lizzie Grubman, who didn't disclose the location. METRO NEWS SERVICES

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk
with Lainey Lui

PATRICK CHAN. He is the brightest star in the Canadian men's figure skating program, the youngest to ever capture the national title, and tonight in Vancouver Patrick Chan will perform his free skate in front of a frenzied home audience that will include a large contingent of screaming teens cheering on their idol. The appealing Chan, just 19, has distinguished himself from his competitors by focusing on artistic interpretation and dizzying footwork rather than on the jumps and leaps that preoccupy other less creative skaters. Here are three things you might not know about Patrick Chan:

ONE Most athletes obsessively observe game day rituals. Chan always ties his right boot before his left.

TWO He is a football fan. But he prefers the American game to the Canadian one and his favourite team is the Indianapolis Colts.

THREE Chan is currently featured in the Harry Rosen Spring 2010 ad, giving up the sequins and skates in favour of a smart Hugo Boss suit and dress shoes.

CTVOLYMPICS.CA

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

Will he? Won't he?

JOIN THE ENGAGEMENT GOSSIP DANCE. APPARENTLY, HE WON'T Word is Leonardo DiCaprio may have popped the question to on-again-off-again girlfriend Bar Refaeli, as the Israeli model flashed a shiny gold ring on her engagement ring finger at a charity dinner at the Berlinale film festival with DiCaprio and his mother, according to the Daily Mail.

The pair had split up last year, reportedly because DiCaprio wasn't ready to settle down, but appeared to have rekindled their romance last month.

But, a source close to DiCaprio, 35, tells us-magazine.com that German reports that he proposed on Valentine's Day are "not true."

METRO WORLD NEWS

She must be so unhappy

BECAUSE NO WOMAN COULD FEEL FULFILLED WITHOUT A BALDING HUSBAND AND GAGGLE OF UNGRATEFUL KIDS Kim Cattrall has no regrets about ending up single and childless at 53, femalefirst.co.uk reports. The actress has been married three times, with her last divorce in 2004 after a six-year union with audio designer Mark Levinson.

Her last relationship, with chef Alan Wyse, came to an end last year and Cattrall blamed her romance woes on her heavy workload. But the star is adamant she's learned to love life as a single lady — even though she's missed out on starting a family.

She tells Britain's Evening Standard newspaper, "I don't regret (not having children). It's fine, it really is."

METRO NEWS SERVICES

Hating her pin-up body

BOO FRICKIN' HOO Transformers beauty and new Armani lingerie model Megan Fox isn't so fond of her looks, it turns out, complaining to W magazine that she looks too much like a 1940s pin-up model.

"There are some women you could put in underwear and photograph them, and it looks really classy and it doesn't necessarily provoke a pin-up image," she says.

"But with me, it does, immediately. As soon as I'm in underwear, I'm a Vargas girl."

All this self-criticism stems from having no confidence, she insists. "Because of that, I'm always second-guessing myself."

METRO WORLD NEWS

The saying is 'sitting pretty'

NOT 'SITTING PRETTY WASTED' Former New York Fashion Week fixture Lindsay Lohan is apparently not welcome around the runways these days, as some industry insiders insist the troubled actress isn't worth the hassle, according to Gatecrasher.

Designer Jill Stuart has reportedly banned Lohan from her show, sources say.

"A lot of designers, and especially Jill's camp, don't think she's worth all the press she'd get their show," the source says. Stuart's camp denies that Lohan has been banned.

METRO WORLD NEWS

Kickstarts, compasses and kibble

HOLA, GUAPAS — ¿USTEDES QUIEREN TOCAR MI PERRO? Ewan McGregor wants to take his dog on a motorbike trip across South America, femalefirst.co.uk reports.

GETTY IMAGES

The British actor — who has previously taken a biking adventure across the world with fellow enthusiast Charley Boorman for documentary series Long Way Round — has been preparing his pet to go out on the road with him.

"I might go on my own. I've got a dog, Sid," he says. "I've trained him to ride in my side car and I thought we could do a trip together."

METRO NEWS SERVICES

Chance of hosting looks golden

LIVE FROM NEW YORK ... IT'S SATURDAY NIGHT BARELY ALIVE! Betty White says she's tickled by the support fans have been giving her through an online petition to have the 88-year-old actress host Saturday Night Live that started at Facebook.

"I'm just amazed. I would think by now that they've had such an overdose of Betty White that they'd be throwing rocks instead," White tells E! News.

But will she be hosting the late-night comedy show anytime soon?

"It would depend on scheduling and all that. But who knows? You can't ever say yes or no or never — you just wait to see what happens."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

DIABLO CODY is rethinking her TV viewing choices, **KEVIN SMITH** may give up fighting Southwest about his weight, **STEPHEN FRY** thinks some honours should be harder to earn, and **AMANDA BYNES** tries to work through her fears.

@diablocody I feel like I should be watching that show with Mark Harmon and the goth scientist chick.

@ThatKevinSmith In a current CNN.com home page poll, 58% of responders are on @SouthwestAir's side! Guess it's time I shut up about it.

@stephenfry MPs get medals just for visiting Afghanistan?? Surely that can't be right.

@amandabynes i have to go to the market but i DO NOT want to go ALONE grrrr! i have to grow up and GO alone! i will NOT be KIDNAPPED!

METRO WORLD NEWS

First comes love

THEN COMES BABIES ... NO WAIT, THAT'S NOT HOW IT GOES After three years together and two babies, Nichole Richie and Joel Madden are reportedly set to make it official. Richie taped an appearance on The Late Show with David Letterman on Monday that will air Friday, and while there she reportedly announced her engagement to Madden, according to E! News.

METRO WORLD NEWS

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Thursday Sunny 10°/ 2°
Friday Sunny 10°/ 2°
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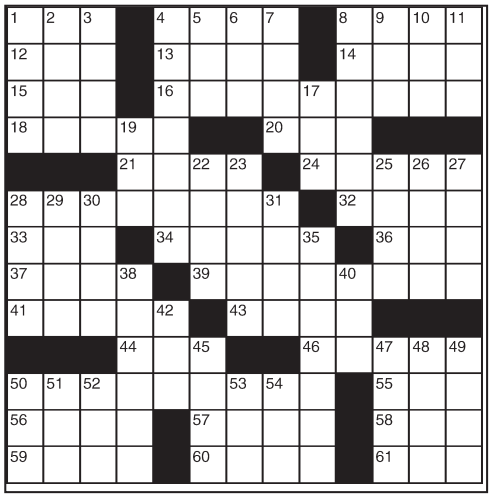

ACROSS

1 Burst
4 Old fogy
8 Gets on in years
12 Latin 101 word
13 Always
14 Hobbling
15 Zero
16 It might not indicate true worth
18 Seat at the bar
20 Rowing tool
21 Unpaid amount
24 Eccentric
28 King, queen or jack
32 "— Breckinridge"
33 Wood-shaping tool
34 Cornered
36 Brooch
37 Use a rotary phone
39 Friendster alternative
41 Scatter
43 Medicinal amount
44 Petrol
46 Lure
50 Means of maintaining dignity
55 Verily
56 In due time
57 Infamous lyre player
58 Recipe meas.
59 Peel
60 Remain
61 Weeding tool

DOWN

1 Skillets
2 Leave out
3 Horseback sport
4 Ricochet
5 Eggs
6 Calendar abbr.
7 Sandwich cookie
8 Old-style call to arms
9 Cowboy's sweetie
10 Ostrich's cousin
11 Witness
17 Moving truck
19 Praiseful poem
22 John Candy's role in "Spaceballs"
23 Tire pattern
25 Glitch in print
26 Threesome
27 Pull hard
28 Crazes
29 Mine entrance
30 Despot
31 Erte's art style
35 Ruin
38 Table with a map
40 Spelling contest
42 Existed
45 Without
47 Tale of the gods
48 Mexican money
49 Recording
50 Distant
51 Singer DiFranco
52 Opposed to
53 Animal doc
54 Mound stat

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8		3			
	4						7	
9	3	2				4	1	8
		8	3		7	2		
7								5
		4	2		9	8		
6	7	3				1	8	2
	8						5	
			1		6			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

T	E	M	P		A	R	A	B		B	A	A
A	R	I	A		S	O	D	A		I	L	L
B	A	L	L	Y	H	O	O	S		L	O	P
			L	I	E	D		S	A	L	E	S
G	A	B	O	N			L	I	L	Y		
U	S	E	R		C	R	O	S	S	B	A	R
A	I	L		H	O	I	S	T		U	R	I
M	A	L	L	A	R	D	S		E	D	I	T
		Y	A	N	K			L	A	D	L	E
S	T	A	N	D		G	E	A	R			
E	E	C		B	O	L	L	Y	W	O	O	D
R	A	H		A	R	E	S		I	N	T	O
A	L	E		G	E	N	E		G	E	T	S

2	5	6	3	8	1	9	7	4
7	8	4	9	5	2	6	1	3
9	1	3	7	6	4	8	5	2
3	2	8	1	7	9	4	6	5
5	6	1	2	4	8	7	3	9
4	7	9	6	3	5	2	8	1
1	4	5	8	9	6	3	2	7
6	3	2	4	1	7	5	9	8
8	9	7	5	2	3	1	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Mushroom Green Bean Casserole

INGREDIENTS:

1 lb (500 g) fresh mushrooms, sliced
1 large onion, chopped
1/2 cup (125 mL) butter
1/4 cup (50 mL) all-purpose flour
1 cup (250 mL) half-and-half cream
1 jar process cheese spread
2 tsp (10 mL) soy sauce
1/2 tsp (2 mL) pepper
1/8 tsp (0.5 mL) hot pepper sauce
1 can sliced water chestnuts, drained
2 packages frozen French-style green beans, thawed and well drained
2 tbsp (25 mL) slivered almonds

METHOD:

1. In large skillet, sauté mushrooms and onion in butter. Stir in flour until blended. Gradually stir in cream. Bring to boil; cook, stirring, 2 minutes or until thickened.
2. Reduce heat; add cheese sauce, soy sauce, pepper and hot pepper sauce, stirring until cheese is melted. Remove from heat; stir in water chestnuts.
3. Place beans in ungreased 3-L baking dish. Pour cheese mixture over top. Sprinkle with almonds. Bake, uncovered, at 375°F (190°C) 25-30 minutes or until bubbly.

SERVES 14

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There is so much in your life you have to be thankful for and today's Venus-Jupiter union will remind you how fortunate you are to have been born an Aries.

TAURUS ♉
APRIL 21-MAY 21
You won't have to go looking for excitement today. Wherever you happen to be and whatever you happen to be doing it will find you.

GEMINI ♊
MAY 22-JUNE 21
For some strange reason you are having all sorts of dreadful thoughts about tomorrow. On the contrary, life is good and about to get even better.

CANCER ♋
JUNE 22-JULY 22
Express yourself fully. If you are not flavor of the month already you will be in a matter of days, and you must take advantage of it.

LEO ♌
JULY 23-AUG 23
Don't miss out on a great opportunity just because you think it would be wrong to profit and have fun while other people are struggling.

VIRGO ♍
AUG 24-SEPT 22
Venus joins forces with luck planet Jupiter today, making it easy for you to ignore criticism and do what feels right to you.

LIBRA ♎
SEPT 23-OCT 23
Ultimately, we get out in proportion to what we put in, and with your ruler Venus influenced by Jupiter today there is no doubt you will give your all.

SCORPIO ♏
OCT 24-NOV 22
Something with a foreign or exotic flavor to it will capture your imagination today. It may even capture your heart.

SAGITTARIUS ♐
NOV 23-DEC 21
Even the most unemotional of Sagittarians will find ways to let partners and loved ones know how they feel over the next 24 hours.

CAPRICORN ♑
DEC 22-JAN 20
There is no guarantee that someone feels about you what you feel about them but don't let that stop you from admitting it.

AQUARIUS ♒
JAN 21-FEB 18
The Sun may be about to leave your birth sign but that does not mean you should try to cram in as much extra work as you can over the next 24 hours.

PISCES ♓
FEB 19-MARCH 20
With the Sun moving into Pisces tomorrow, you clearly have much to look forward to. Your special time of year is about to begin.

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This day in history

1600: The philosopher Giordano Bruno is burned alive at Campo de' Fiori in Rome for heresy.
1904: Madama Butterfly receives its premiere at La Scala in Milan.
1925: Harold Ross and Jane Grant found The New Yorker magazine; the debut issue is dated Feb. 21, 1925.
1958: Pope Pius XII declares Saint Clare of Assisi (1193-1253) the patron saint of television.
1972: Sales of the Volkswagen Beetle model exceed those of Ford Model-T.
1979: The Sino-Vietnamese War begins.

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